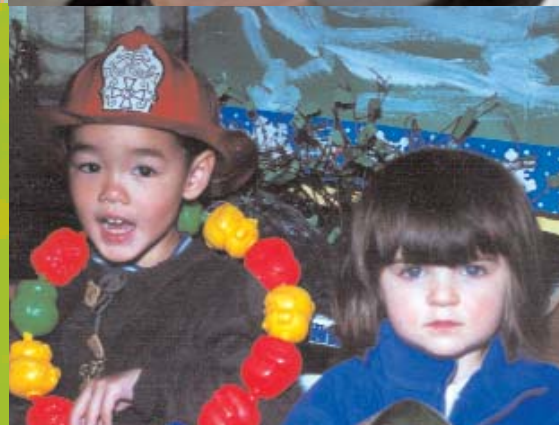
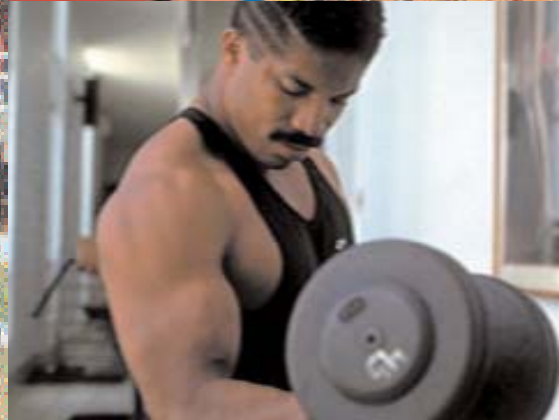


2005

# Fall Activity Guide



Kimberley A. Flowers, Acting Director

[www.dpr.dc.gov](http://www.dpr.dc.gov)



Anthony A. Williams, Mayor

# Welcome

TO THE 2005 FALL ACTIVITY GUIDE



Fall is a wonderful time of the year to reap the rewards that you, your friends, and your family can gain by joining in the vast array of recreation activities and leisure pursuits offered by the District of Columbia's Department of Parks and Recreation. I proudly invite you to use this 2005 Fall Activity Guide to plan a season filled with football, harvest festivals, dancing, martial arts, academic enrichment, aerobics, creative crafts, swimming, poetry slams, adaptive sports, book clubs, after school adventures, tennis, computer wizardry, personalized weight training, nature walks in our parks, cooperative play, trips, and special events. There is an activity, program, or event at DC Parks and Recreation for each and every resident ranging from quality infant care to the much-anticipated annual senior fashion show.

I especially encourage our teens to take advantage of the positive opportunities and options that are available to them as they read through this Activity Guide. A significant number of these programs were designed just for you based on your feedback to recreation staff. You wanted things to do that were fun and enjoyable. You did not want to be bored. Yet, you also wanted safe spaces to share your thoughts and ideas. You wanted your voices heard and your talents recognized, whether in sports or poetry slams. Please let us know if we have met your expectations.

As well, new and improved recreational facilities continue to be built to meet the expectations of all our citizens. With each grand opening, the department reaffirms its commitment to achieving a standard of excellence in program development and diversity, community outreach, inclusionary services for children with special needs, staff professionalism, and customer service. The appointment of Ms. Kimberley A. Flowers as the acting director of DC Parks and Recreation exemplifies this commitment to excellence. We welcome her leadership and innovative vision.

In closing, remember to reap the rewards of a healthy lifestyle simply by joining in the fun.

A handwritten signature in black ink that reads "Anthony A. Williams". The script is fluid and cursive.

Anthony A. Williams  
Mayor



I am delighted to use the occasion of the publication of the 2005 Fall Activity Guide to share with you my steadfast commitment to provide both residents of the District of Columbia and visitors to the nation's capital the best recreation and leisure programs nationwide. This Activity Guide, filled with a multiplicity of stellar offerings, marks the beginning of a heightened sense of vision for DC Parks and Recreation.

DC Parks and Recreation community centers are designed for cycle of life programming. No matter what your age or stage of development, there is an activity just for you. We have a model infant care center where parents can bring their tiny treasures. We operate nationally accredited Head Start early care and education centers where children grow and flourish through play, good nutrition, and developmentally appropriate practices. Before and after school programs provide parents with peace of mind while they are at work, secure in the knowledge that their children are safe and engaged in positive learning and fun-filled activities. Supreme Teen Clubs are located in every ward in the city where leadership development, academic enrichment, cultural exposure, and positive adult role models occur on a daily basis. Adults can enjoy sports and fitness programs, facilities, and trainers that rival the best of private fitness companies. Therapeutic recreation services are not only offered at our DC Center for Therapeutic Recreation; model inclusionary programs are being implemented throughout the city. Our senior citizens or active adults are engaged in activities ranging from book clubs to pinochle tournaments to Olympic competitions.

Parks and playgrounds are the centerpieces of our renaissance. Environmentally friendly green spaces are places where childhood experiences grow into precious memories. We are looking forward to even more family picnics, movies, reunions, outdoor games, and kite flying occurring in our open spaces.

Finally, no vision can become reality without the contributions, constructive criticism, and ongoing support of Friends of Groups and community advocates. Working together, DC Parks and Recreation will continue to build state-of-the art recreational campuses that will offer even more diverse and enhanced programming.

The best fun is yet to come!

A handwritten signature in dark ink, reading "Kimberley A. Flowers". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Kimberley A. Flowers  
*Acting Director*

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## Program Reservations System: Registering for DC Parks and Recreation Programs are just a CLICK AWAY.

Welcome to the Department of Parks and Recreation's interactive Program/Registration System (PRS). Now you can register for programs, classes, and activities, or reserve parks and facilities online, at [www.dpr.dc.gov](http://www.dpr.dc.gov). Or, simply walk into one of our participating PRS Recreation Centers listed below:

### Anacostia Fitness Center

1800 Anacostia Dr., SE  
(202) 698-2250

### Bald Eagle Recreation Center

1801 Martin Luther King, Jr., Ave., SW  
(202) 645-3960

### Banneker Community Center

2700 Georgia Ave., NW  
(202) 673-6861

### Barry Farm Recreation Center

1230 Sumner Rd., SE  
(202) 645-3896

### Benning Park Community Center

51st & Fitch Sts., SE  
(202) 645-3957

### Chevy Chase Community Center

5601 Connecticut Ave., NW  
(202) 282-2204

### DC Center for Therapeutic Recreation

3030 G St., SE  
(202) 698-1794

### Emery Recreation Center

5701 Georgia Ave., NW  
(202) 576-3211

### Fort Davis Community Center

1400 41st St., SE  
(202) 645-9212

### Fort Stevens Community Center

1327 Van Buren St., NW  
(202) 541-3754

### Friendship Recreation Center

4500 Van Ness St., NW  
(202) 282-2198

### Guy Mason Community Center

3600 Calvert St., NW  
(202) 282-2180

### Georgetown Recreation Center

1555 34th St., NW  
(202) 282-0380

### Hamilton Recreation Center

1340 Hamilton St., NW  
(202) 576-6855

### Harrison Recreation Center

1330 V St., NW  
(202) 673-6865

### Hearst Recreation Center

3600 Tilden St., NW  
(202) 282-2207

### Hillcrest Recreation Center

3100 Denver St., SE  
(202) 645-9200

### Kalorama Recreation Center

1875 Columbia Rd., NW  
(202) 673-7606

### Kenilworth-Parkside Recreation Center

4300 Anacostia Ave., NE  
(202) 727-5440

### Kennedy Community Center

1401 7th St., NW  
(202) 671-4792

### King Greenleaf Recreation Center

201 N St., SW  
(202) 645-7454

### Landgon Park Community Center

2901 20th St., NE  
(202) 576-6595

### Macomb Recreation Center

3409 Macomb St., NW  
(202) 282-2199

### North Michigan Park Recreation Center

1333 Emerson St., NE  
(202) 541-3522

### Parkview Community Center

693 Otis Pl., NW  
(202) 576-5786

### Palisades Community Center

5200 Sherrier Pl., NW  
(202) 282-2186

### Payne Recreation Center

303 15th St., SE  
(202) 727-5474

### Petworth Recreation Center

801 Taylor St., NW  
(202) 576-6850

### Raymond Recreation Center

915 Spring Rd., NW  
(202) 576-6856

### Sherwood Recreation Center

1000 G St., NE  
(202) 698-3075

### Southeast Tennis and Learning Center

701 Mississippi Ave., SE  
(202) 645-6242

### Stead Recreation Center

1625 P St., NW  
(202) 673-4465

### Takoma Community Center

300 Van Buren St., NW  
(202) 576-7114

### Harry Thomas, Sr. Recreation Center

1743 Lincoln Rd., NE  
(202) 576-5642

### Upshur Recreation Center

4300 Arkansas Ave., NW  
(202) 576-6842

### Watkins Recreation Center

420 12th St., SE  
(202) 724-4468

### Watts Branch Recreation Center

6201 Banks St., NE  
(202) 727-5432



**September 16, 2005****Health Expo for Seniors**

Emery Recreation Center  
5701 Georgia Ave., NW  
10:00am-3:00pm

**September 17, 2005****Books, Bubbles, Bugs, & Butterflies: Celebrating Literacy and the Environment**

DC Therapeutic Recreation Center  
3030 G St., SE  
10:00 am - 12:00 pm

**October 1 and 2, 2005****Adult Kickball Tournament:**

"Bring Back the Good Ole' Days"  
Friendship Recreation Center  
4500 Van Ness St., NW  
9:00 am

**October 8 and 9, 2005****Co-ed Youth Kickball Tournament**

Ages 6-18  
North Michigan Park Recreation Center  
1333 Emerson Street, NE  
10:00 am

**October 13, 2005****Senior Harvest Festival**

DC Therapeutic Recreation Center  
3030 G St., SE  
10:00am-2:00pm

**October 24-28, 2005****Octoberfest!**

Pumpkin patch visits and scenic fall hay rides.  
Cox Farms, Virginia  
Various Early Care and Education Sites  
Please call individual sites to get exact date and time

**October 28, 2005****Halloween Jam**

Ages: 12 - 19 5222.100  
DC Therapeutic Recreation Center  
3030 G St., SE  
7:00 pm - 11:00 pm

**October 29, 2005****Office of Educational Services: Parent Conference**

Emery Recreation Center  
5701 Georgia Ave., NW  
9:00am - 1:00pm

**November 3, 2005****Veterans Day Observance**

Fort Stevens  
1327 Van Buren St., NW  
2:00pm-5:00pm

**November 18, 2005****Annual Senior Fashion Show and Luncheon:****Fall into Fashion**

Ticket Cost: \$35  
Omni Shoreham Hotel  
11:30am-2:00pm

**November 21-25, 2005****Open House: Celebrating the Thanksgiving season**

Various Early Care and Education Sites  
Please call individual sites to get exact date and time

**December 3, 2005****Parent Advisory Committee Ceremony and Holiday Fun**

Kenilworth-Parkside  
10:00am - 2:00pm

**December 9 and 10, 2005****DPR Dodge ball Classic: Winter Edition**

Ages- 21 and over  
Site: TBA  
9:00am

*Visit your nearest DC Parks and Recreation Center to receive information on upcoming Fall Special Events.*

*Disclaimer: This guide contains a list of various DC Parks and Recreation programs and activities for residents of all ages. It is important that interested parties check out each offering to determine whether it meets their requirements.*

*Please note that the information contained in this guide is SUBJECT TO CHANGE. Updated information may be obtained via DC Parks and Recreation web site at [www.dpr.dc.gov](http://www.dpr.dc.gov), or via telephone at (202) 282-0730.*



## WARD 1

**Adams Before and After School Care Program**  
19th & California Sts., NW  
(202) 673-7025

**Bancroft Before and After School Care Program**  
1735 Newton St., NW  
(202) 673-4590

**Banneker Community Center**  
(Closed for Renovations)  
2500 Georgia Ave., NW  
(202) 673-6861

**Banneker Early Care and Education**  
800 Euclid St., NW  
(202) 673-7609

**Harrison Recreation Center**  
1330 V St., NW  
(202) 673-6865

**Kalorama Recreation Center**  
1875 Columbia Rd., NW  
(202) 673-7606

**Parkview Community Center**  
693 Otis Pl., NW  
(202) 576-5786

**Marie H. Reed Recreation Center**  
2200 Champlain St., NW  
(202) 673-7768  
**Aquatic Facility** (202) 673-7771

## WARD 2

**Georgetown Recreation Center & Cooperative Play Program**  
1555 34th St., NW  
(202) 282-0380

**Kennedy Recreation Center**  
1401 7th St., NW  
(202) 671-4792  
**Senior Programs** (202) 671-4793

**Rose Park Recreation Center**  
26th & O Sts., NW  
(202) 282-2208

**Stead Recreation Center**  
1625 P St., NW  
(202) 673-4465

## WARD 3

**Chevy Chase Community Center & Cooperative Play Program**  
5601 Connecticut Ave., NW  
(202) 282-2204

**Chevy Chase Playground & Cooperative Play Program**  
5500 41st St., NW  
(202) 282-2200

**Friendship Recreation Center & Cooperative Play Program**  
4500 Van Ness St., NW  
(202) 282-2198

**Guy Mason Community Center**  
3600 Calvert St., NW  
(202) 282-2180

**Hardy Recreation Center & Cooperative Play Program**  
4470 Q St., NW  
(202) 282-2190

**Hearst Recreation Center**  
37th & Tilden Sts., NW  
(202) 282-2207

**Macomb Recreation Center**  
3409 Macomb St., NW  
(202) 282-2199

**Oyster Before and After School Care Program**  
29th & Calvert Sts., NW  
(202) 671-0143

**Palisades Community Center**  
5200 Sherrier Pl., NW  
(202) 282-2186

**Stoddert Recreation Center & Cooperative Play Program**  
4001 Calvert St., NW  
(202) 281-2193

## WARD 4

**Emery Recreation Center**  
5801 Georgia Ave., NW  
(202) 576-3211  
**Senior Programs** (202) 576-7134

**Fort Stevens Recreation Center**  
1327 Van Buren Sts., NW  
(202) 541-3754  
**Senior Programs** (202) 541-3752

**Hamilton Recreation Center**  
1340 Hamilton St., NW  
(202) 576-6855  
**Senior Programs** (202) 541-3755

**Lafayette Recreation Center**  
33rd & Patterson Sts., NW  
(202) 282-2206

**Petworth Recreation Center**  
801 Taylor St., NW  
(202) 576-6850

**Raymond Recreation Center**  
915 Spring Rd., NW  
(202) 576-6856

**Riggs- LaSalle Recreation Center Before and After School Care Program**  
501 Riggs Rd., NE  
(202) 576-6045

**Rudolph Recreation Center**  
5200 2nd St., NW  
(202) 576-6857

**Sharpe Before and After School Care Program**  
4300 13th Street, NW  
(202) 541-3888

**Takoma Community Center**  
300 Van Buren St., NW  
(202) 576-6854  
**Aquatic Facility** (202) 576-9533

**Twin Oaks Garden**  
4025 14th St., NW  
(202) 576-3253

**Upshur Recreation Center**  
4300 Arkansas Ave., NW  
(202) 576-6842

## WARD 5

**Arboretum Recreation Center**  
2412 Rand Pl., NE  
(202) 727-5547

**Brentwood Recreation Center**  
2311 14th St., NE  
(202) 576-6667

**Dunbar Aquatic Facility**  
1301 New Jersey Ave., NW  
(202) 673 - 4316

**Joseph H. Cole Recreation Center**  
1200 Morse St., NE  
(202) 724-4876

**Edgewood Recreation Center**  
320 Evarts Sts., NE  
(202) 576-6410

**Edgewood Terrace Early Care and Education**  
601 Edgewood St., NE  
(202) 576-3289

**Edgewood Terrace**  
635 Edgewood Terrace, NE  
(202) 282-0748  
**Senior Programs** (202) 541-1014

**Fort Lincoln Recreation Center**  
3100 Ft. Lincoln Dr., NE  
(202) 576-6818

**Theodore Hagan Cultural Center**  
3201 Fort Lincoln Dr., NE  
(202) 576-6440  
**Senior Programs** (202) 576-6440

**Langdon Park Community Center**  
2901 20th St., NE  
(202) 576-6595

**Mamie D. Lee Before and After School Care Program**  
100 Gallatin St., NE  
(202) 541-3751

**New York Avenue Early Care and Education**  
100 N St., NW  
(202) 724-4394

**North Michigan Park Recreation Center**  
1333 Emerson Sts., NE  
(202) 541-3522  
**Senior Programs** (202) 541-3522

**Shaed Before and After School Care Program**  
301 Douglas St., NE  
(202) 576-8643

**Taft Recreation Center**  
1800 Perry St., NE  
(202) 576-7634

**Harry Thomas, Sr.**  
1743 Lincoln Rd., NE  
(202) 576-5642



## WARD 6

**Amidon Before and After School Care Program**  
4th & I Sts., SW  
(202) 727-3958

**Hine Recreation Center**  
Seventh & C Sts., SE  
(202) 727-5498

**Joy Evans Before and After School Care Program**  
555 L St., SE  
(202) 727-6553

**King Greenleaf Recreation Center**  
201 N St., SW  
**Senior Programs** (202) 727-1774

**Lincoln-Capper Recreation Center**  
555 L St., SE  
(202) 727-5477

**Payne Recreation Center**  
303 15th St., SE  
(202) 727-5474  
**Before and After School Care Program**  
(202) 673-8091  
**Early Care and Education** (202) 724-2118

**Randall Recreation Center**  
820 South Capitol St., SW  
(202) 727-5504  
**Early Care and Education** (202) 727-5435

**Rosedale Recreation Center**  
1700 Gales Sts., NE  
(202) 727-5434  
**Early Care and Education** (202) 727-5435

**William H. Rumsey Aquatic Center**  
635 North Carolina Ave., SE  
(202) 724-4495

**Sherwood Recreation Center**  
**Senior Programs**  
1000 G St., NE  
(202) 698-3075  
**Senior Programs** (202) 698-3313

**Watkins Recreation Center**  
420 12th St., SE  
(202) 724-4468  
**Early Care and Education** (202) 727-5488

## WARD 7

**Benning Park Community Center**  
53rd & Fitch Sts., SE  
(202) 645-3957  
**Early Care and Education** (202) 645-3953

**Benning Stoddert Community Center**  
100 Stoddert Pl., SE  
(202) 698-1872

**DC Center for Therapeutic Recreation**  
3030 G St., SE  
(202) 698-1794  
**Aquatic Facility** (202) 645-5708

**Early Childhood Development Center**  
3030 G St., SE  
(202) 645-3992

**Fort Davis Community Center**  
1400 41st St., SE  
(202) 645-9212  
**Senior Programs** (202) 645-9212

**Hillcrest Recreation Center**  
3100 Denver St., SE  
(202) 645-9200  
**Senior Programs** (202) 645-9200

**Kenilworth-Parkside Recreation Center**  
4300 Anacostia Ave., NE  
(202) 727-5440  
**Early Care and Education** (202) 727-5439  
**Senior Programs** (202) 727-8934

**Lederer Environmental Educational Center**  
4801 Nannie Helen Burroughs Ave., NE  
(202) 727-8061

**Paradise Early Care and Education**  
3515 Jay St., NE  
(202) 727-9173

**Plummer Before and After School Care Program**  
4601 Texas Ave., SE  
(202) 645-7099

**Ridge Recreation Center**  
800 Ridge Rd., SE  
(202) 645-3959

**Stoddert Terrace Early Care and Education**  
155 Ridge Rd., SE  
(202) 645-0098

**Watts Branch Recreation Center**  
6201 Banks Sts., NE  
(202) 727-5432

## WARD 8

**Anacostia Fitness Center**  
1800 Anacostia Dr., SE  
(202) 698-2250

**Atlantic Gardens Early Care and Education**  
4228 4th St., SE  
(202) 645-3972

**Atlantic Terrace Early Care and Education**  
4309 3rd St., SE  
(202) 645-3914

**Bald Eagle Recreation Center**  
100 Joliet St., SW  
(202) 645-3960  
**Early Care and Education** (202) 645-3964

**Barry Farm Recreation Center**  
1230 Sumner Rd., SE  
(202) 645-3896  
**Early Care and Education** (202) 645-3932

**Congress Heights Recreation Center**  
100 Randle Pl., SE  
(202) 645-3981

**Douglass Community Center**  
2100 Stanton Terr., SE  
(202) 645-3980

**Ferebee Hope Recreation Center**  
3999 Eighth St., SE  
(202) 645-3917

**Fort Stanton Community Center**  
1812 Erie St., SE  
(202) 645-3970

**Hart Recreation Center**  
601 Mississippi Ave., SE  
(202) 645-3924

**Hendley Before and After School Care Program**  
6th St & Chesapeake St., SE  
(202) 645-3926

**Malcolm X Early Care and Education**  
3200 13th St., SE  
(202) 645-3986

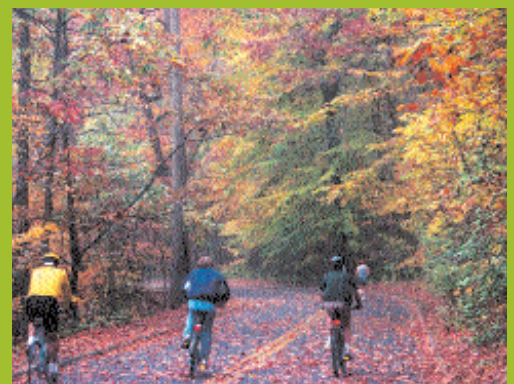
**Moten Before and After School Care Program**  
1565 Morris Rd., SE  
(202) 645-3877

**Savoy Recreation Center Before and After School Care Program**  
2440 Shannon Pl., SE  
(202) 645-3931

**Simon Before and After School Care Program**  
4th St., & Mississippi Ave., SE  
(202) 645-3923

**Southeast Tennis & Learning Center**  
701 Mississippi Ave., SE  
(202) 645-6242

**Turner Before and After School Care Program**  
1740 Stanton Rd., SE  
(202) 645-3915



The Office of Educational Services offers year-round programs to stimulate the growth and intellectual development of children 2 - 18 years old by creating an environment where activities are carefully chosen to promote learning. Parental involvement is emphasized through program planning, participation in activities, and policy committee meetings. Program information may be obtained at any of the locations listed. The Early Care and Education and Before and After School programs are licensed by the Department of Health, and participate in the childcare subsidy program through the Department of Human Services. For more information, call (202) 282-0710.

## Early Care and Education Services

Fees: vary according to income.

Ages: 2-5

The Early Care and Education/Head Start programs are available year-round on weekdays for young children. This program uses the Creative Curriculum as a guide for a foundation, focusing on Language, Literacy, Mathematics, Science, Creative Arts, Social Emotional, Approaches to Learning, and Physical Health combined with exciting field trips. The children receive breakfast, lunch, and an afternoon snack. Parental involvement is highly encouraged, and special activities are planned specifically for parent-child interactions. Early childhood services are provided at 17 locations throughout the city and are licensed by the DC Department of Health and participate in the childcare subsidy program through the Department of Human Services. Most programs are accredited by the National Association for the Education of Young Children. For more information, please call (202) 282-0710.

6101.501	Atlantic Gardens	7:00am-6:00pm	M Tu W Th F
6102.501	Atlantic Terrace	7:00am-6:00pm	M Tu W Th F
6103.501	Bald Eagle	7:00am-6:00pm	M Tu W Th F
6104.501	Banneker	7:00am-6:00pm	M Tu W Th F
6105.501	Barry Farm	7:00am-6:00pm	M Tu W Th F
6106.501	Benning Park	7:00am-6:00pm	M Tu W Th F
6108.501	Early Childhood DC	7:00am-6:00pm	M Tu W Th F
6109.501	Edgewood <span style="color: blue;">■</span> <span style="color: blue;">◆</span>	7:00am-6:00pm	M Tu W Th F
6110.501	Kenilworth-Parkside	7:00am-6:00pm	M Tu W Th F
6111.501	Malcolm X	7:00am-6:00pm	M Tu W Th F
6112.501	New York Avenue	7:00am-6:00pm	M Tu W Th F
6113.501	Paradise	7:00am-6:00pm	M Tu W Th F
6114.501	Payne	7:00am-6:00pm	M Tu W Th F
6115.501	Randall	7:00am-6:00pm	M Tu W Th F
6116.501	Rosedale	7:00am-6:00pm	M Tu W Th F
6117.501	Stoddert Terrace	7:00am-6:00pm	M Tu W Th F
6118.501	Watkins <span style="color: blue;">□</span>	7:00am-6:00pm	M Tu W Th F

◆ Denotes program for children ages six weeks-five years

□ Denotes Universal Pre-K Program

## Before and After School Education Services

Fees: vary according to income.

Ages: 4-12

School aged children have a positive alternative to being home alone before and after the school day. This is a year-round program, usually located in the school attended by the child, which provides a safe, caring environment that reinforces learning. Children receive homework assistance and tutoring by teachers in reading, mathematics, and language arts. Multicultural, enrichment, recreational activities, field trips and child parent activities round out the children's experiences. An afternoon snack and dinner are provided. The programs are located in public school buildings, and all 16 are licensed by the Department of Health, and participate in the childcare subsidy program through the Department of Human Services and USDA food program. For more information, call (202) 282-0710.

6200.501	Adams	7:00am-6:00pm	M Tu W Th F
6201.501	Amidon	7:00am-6:00pm	M Tu W Th F
6202.501	Bancroft	7:00am-6:00pm	M Tu W Th F
6203.501	Hendley	7:00am-6:00pm	M Tu W Th F
6204.501	Joy Evans <span style="color: blue;">■</span>	7:00am-6:00pm	M Tu W Th F
6205.501	Mamie D. Lee <span style="color: blue;">■</span>	7:00am-6:00pm	M Tu W Th F
6206.501	Riggs LaSalle	7:00am-6:00pm	M Tu W Th F
6207.501	Moten	7:00am-6:00pm	M Tu W Th F
6208.501	Oyster	7:00am-6:00pm	M Tu W Th F
6209.501	Payne	7:00am-6:00pm	M Tu W Th F
6210.501	Plummer	7:00am-6:00pm	M Tu W Th F
6211.501	Savoy	7:00am-6:00pm	M Tu W Th F
6212.501	Shaed	7:00am-6:00pm	M Tu W Th F
6213.501	Sharpe Health <span style="color: blue;">■</span>	7:00am-6:00pm	M Tu W Th F
6214.501	Simon	7:00am-6:00pm	M Tu W Th F
6215.501	Turner	7:00am-6:00pm	M Tu W Th F

■ Denotes special needs centers [Ages 4-18]



## Cooperative Play Program

Fee: DC Residents: \$672 Non-Residents: \$1,344  
(\$4 daily rate) (\$8 daily rate)

\$30 non-refundable registration fee is required

Sept. 12, 2005 - May. 31, 2006

Ages: 2 ½ -5

Young children are introduced to a structured play setting with activities that engage the whole child - mentally, socially, physically, and emotionally - in preparation for entering the formal education system. Emphasis is placed on socialization skills such as learning to take turns; cognitive growth through music, painting, cutting; and gross motor development by running and jumping. Parents must be involved at least two days per month to assist with organizing and planning activities.

6300.501	Chevy Chase CC	9:00am -12:00pm	M Tu W Th F
6301.501	Chevy Chase PG	9:00am -12:00pm	M Tu W Th F
6302.501	Emery	9:00am -12:00pm	M Tu W Th F
6303.501	Friendship	9:00am -12:00pm	M Tu W Th F
6304.501	Georgetown	9:00am -12:00pm	M Tu W Th F
6305.501	Hardy	9:00am -12:00pm	M Tu W Th F
6306.501	Langdon Park	9:00am -12:00pm	M Tu W Th F
6307.501	Palisades	9:00am -12:00pm	M Tu W Th F
6308.501	Parkview	9:00am -12:00pm	M Tu W Th F
6309.501	Stoddert	9:00am -12:00pm	M Tu W Th F

The Office of Recreation Services offers a vast range of exciting and enriching programs and activities for children, teens, and adults. Programs focus on physical activity, socialization, academic support, cultural enrichment, performing arts, and other areas.

## AFTER SCHOOL ENRICHMENT

### A+ Reading and Writing

Fee: None

13 Week Session

Sept. 19, 2005 - Dec. 9, 2005

Ages: 9yrs to 17yrs

The A+ Reading and Writing program connects reading to writing, generates creative writing, improves writing skills, and increases comprehension.

1024.152 SETLC 5:00pm-6:00pm M F

### After School Study Hall

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 6yrs to 12yrs

Enroll your child in an After School Study Hall. Youth complete daily homework assignments with the assistance of recreation staff and/or certified volunteers.

1001.101	Stead	3:30pm-4:45pm	M Tu W Th F
1001.102	Harrison	3:30pm-4:45pm	M Tu W Th F
1001.103	Parkview	3:30pm-4:45pm	M Tu W Th F
1001.104	Marie Reed	3:30pm-4:45pm	M Tu W Th F
1001.105	Edgewood	3:30pm-4:45pm	M Tu W Th F
1001.106	Payne	3:30pm-4:45pm	M Tu W Th F
1001.107	Benning Park	3:30pm-4:45pm	M Tu W Th F
1001.108	Congress Heights	3:30pm-4:45pm	M Tu W Th F
1001.109	Ferebee Hope	3:30pm-5:30pm	M Tu W Th F
1001.110	Watts Branch	3:30pm-5:30pm	M Tu W Th F
1001.111	Fort Stanton	3:30pm-5:30pm	M Tu W Th F
1001.112	Fort Davis	3:30pm-5:00pm	M Tu W Th F
1001.113	Hart	3:30pm-5:00pm	M Tu W Th F
1001.114	Savoy	3:30pm-5:00pm	M Tu W Th F
1001.115	Ridge Road	3:30pm-5:00pm	M Tu W Th F
1001.116	Kenilworth-Parkside	3:30pm-5:00pm	M Tu W Th F
1001.117	Bald Eagle	3:30pm-5:00pm	M Tu W Th F
1001.118	Takoma	3:30pm-5:00pm	M Tu W Th F
1001.119	Emery	3:30pm-5:00pm	M Tu W Th F
1001.120	Hearst	3:30pm-5:00pm	M Tu W Th F
1001.121	Fort Stevens	3:30pm-5:00pm	M Tu W Th F
1001.122	Brentwood	3:30pm-5:00pm	M Tu W Th F
1001.123	Petworth	3:30pm-5:00pm	M Tu W Th F
1001.124	Raymond	3:30pm-4:30pm	M Tu W Th F
1001.125	Stoddert	3:30pm-4:30pm	M Tu W Th F
1001.126	Rudolph	3:30pm-4:30pm	M Tu W Th F
1001.127	Palisades	3:30pm-6:30pm	M Tu W Th F
1001.128	Upshur	3:30pm-6:00pm	M Tu W Th F
1001.129	Macomb	3:30pm-6:00pm	M Tu W Th F
1001.130	King Greenleaf	3:30pm-4:30pm	M Tu W Th F
1001.131	Hamilton	3:30pm-4:30pm	M Tu W Th F
1001.132	Joseph H. Cole	3:30pm-5:00pm	M Tu W Th F

## Boost Academics Tutoring Program

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 9, 2005

Ages: 6yrs to 17yrs

Get your BA in Boost Academics and improve your academic performance.

This uniquely structured academic program is designed to develop and enhance academic performance through homework tutoring and computer technology. Report cards are obtained to monitor progress during the course of the program.

1000.152 SETLC 4:00pm-7:00pm M Tu W Th F



## Math Olympics

Fee: None

12 Week Session

Sept. 21, 2005 - Dec. 7, 2005

Ages: 8yrs to 15yrs

Students, beginning in the 3rd grade, are given a series of quizzes that challenge their basic knowledge of math concepts, such as addition, subtraction, multiplication, and division. Participants that beat the challenge and score a "B" or greater are rewarded with prizes.

1006.152 SETLC 5:00pm-6:00pm W

## What's in a Book? Reading Club

Fee: None

12 Week Session

Sept. 21, 2005 - Dec. 7, 2005

Ages: 10yrs to 15yrs

Created to encourage and inspire youth to develop as well as maintain a healthy love for reading, the "What's in a Book?" Reading Club is held in the center's library which houses a wonderful selection of books for both the young and young at heart. Special indoor and outdoor activities, as well as trips enhances reading.

1003.152 SETLC 6:00pm-7:00pm W

# INDIVIDUAL ARTISTIC PURSUITS / PERSONAL ENRICHMENT

## African Dance

Fee: DC Residents: \$50 Non-Residents: \$65  
10 Week Session  
Ages: 6yrs and over  
Learn more about African dance, its history, and culture.  
Emphasizes is placed on a holistic approach toward wellness.

Sept. 28, 2005 - Nov. 30, 2005

4227.101 Brentwood 7:00pm-8:00pm W

Sept. 10, 2005 - Nov. 12, 2005

4228.101 King Greenleaf 10:00am-12:00pm Sa

## Art For Kids

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 29, 2005 - Dec. 1, 2005  
Ages: 2yrs to 12yrs  
Develop your child's artistic side! Fun, creative projects keep children interested and motivated.

4207.101 Chevy Chase CC 3:30pm-4:15pm Th  
(Ages 2yrs-3yrs)

4207.102 Chevy Chase CC 4:30pm-5:15pm Th  
(Ages 4yrs-6yrs)

4207.103 Chevy Chase CC 5:30pm-6:15pm Th  
(Ages 7yrs-12yrs)

## Art Studio

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 26, 2005 - Nov. 28, 2005  
Ages: 18yrs and over  
Sign up for an opportunity to develop your painting skills using oils, acrylics, or watercolors. Receive constructive criticism from the instructor and other students.

4206.101 Guy Mason 6:30pm-8:30pm M

4206.102 Guy Mason 1:00pm-3:00pm Tu

4206.103 Guy Mason 10:00am-12:00pm Sa

4206.104 Guy Mason 1:00pm-3:00pm Sa

## Ballet I

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 6yrs to 8yrs  
Learn the five basic ballet positions and cover steps, terms, and rhythms. Children experience working as a group to achieve cooperative and collaborative goals.

4230.101 Chevy Chase CC 5:00pm-6:00pm W

4230.102 Chevy Chase CC 10:30am-11:30am Sa

## Ballet Tumbling

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 27, 2005 - Nov. 29, 2005  
Ages: 4yrs to 5yrs

Learn the five basic ballet positions and cover steps, terms and rhythms. In addition, young children maintain flexibility and coordination through tumbling. They strive to maintain experience working as a group to achieve cooperative and collaborative goals.

4229.101 Chevy Chase CC 4:00pm-5:00pm Tu

4229.102 Chevy Chase CC 5:00pm-6:00pm Tu

4229.103 Chevy Chase CC 4:00pm-5:00pm W

4229.104 Chevy Chase CC 4:15pm-5:15pm Th

4229.105 Chevy Chase CC 9:30am-10:30am Sa

## Ballroom Dancing

Fee: DC Residents: \$75 Non-Residents: \$90  
Couples Fee: DC Residents: \$125 Non-Residents: \$135  
10 Week Session  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 18yrs and over  
Dance! Dance! Dance! Choose four out of the following dances to learn: Waltz, Fox Trot, Swing, Tango, Cha-Cha, Rumba, Salsa, Quick Step, Samba, Meringue, and Two-Step. Step list and video of each student included.

4231.101 Chevy Chase CC 7:15pm-9:15pm W

4232.101 Guy Mason 7:15pm-9:15pm Tu

4232.102 Guy Mason 7:15pm-9:15pm Th

## Black Pearls Reading Program

Fee: None  
14 Week Session  
Sept. 6, 2005 - Dec. 6, 2005  
Ages: 11yrs to 15yrs  
Stimulate a child's love of reading! A book of the month is chosen and discussed in detail.

4482.101 Congress Heights 7:00pm-8:00pm Tu

## Born to Talk Girls Club

Fee: None  
10 Week Session  
Oct. 4, 2005 - Dec. 8, 2005  
Ages: 12yrs to 17yrs  
Grow intellectually, spiritually, and gain a sense of independence by participating in both the Charmione School of Protocol and STUDIO 2B programs.

4023.152 SETLC 4:30pm-6:00pm Tu Th





## Boys To Men

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 12yrs to 18yrs

Participate in this exciting program that educates young men in valuable life skills and the importance of positive life choices.

4470.101	Kennedy	4:00pm-6:00pm	M
4470.102	Takoma	6:00pm-7:00pm	M
4470.103	Joseph H. Cole	7:00pm-8:00pm	M W
4470.104	Rudolph	5:00pm-6:00pm	F
4470.105	Fort Stanton	7:00pm-8:45pm	F
4470.106	Savoy	7:00pm-8:45pm	F
4470.107	Benning Park	7:00pm-8:45pm	F
4470.108	Stead	5:00pm-6:00pm	F

## Chess Club

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 10, 2005

Ages: 6yrs and over

Children learn the basic pieces and maneuvers of one of the most strategic games in the world.

4190.101	Kalorama	12:00pm-3:00pm	Sa
4190.102	Parkview	6:00pm-7:00pm	Tu Th Sa
4190.103	Fort Stevens	6:00pm-7:00pm	M
4190.104	Petworth	6:00pm-7:00pm	Tu

## Chess Club

Fee: None

12 Week Session

Sept. 19, 2005 - Dec. 9, 2005

Ages: 10yrs to 16yrs

The Southeast Tennis and Learning Center and the Big Chair Chess Club offers chess instruction and tactical strategies.

4004.152	SETLC	4:30pm-5:30pm	M W F
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## China Painting

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 18yrs and over

Learn more about color design compositions and brush stroke technique on porcelain.

4205.101	Guy Mason	10:00am-12:00pm	W
4205.102	Guy Mason	1:00pm-3:00pm	W
4205.103	Guy Mason	10:00am-12:00pm	Th
4205.104	Guy Mason	1:00pm-3:00pm	Th

## Chinese Brush Painting

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 18yrs and over

Blend colors, design compositions, and use the brush stroke technique to complete traditional landscapes and flower painting on rice paper.

4204.101	Chevy Chase CC	10:00am-12:00pm	W
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## Computer Lab Just for Youth

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 6yrs to 12yrs

Learn to use the computer and software programs to complete school assignments.

4401.101	Upshur	4:00pm-6:00pm	M Tu W Th F
4401.102	Raymond	4:00pm-6:00pm	M Tu W Th F
4401.103	Petworth	4:00pm-8:00pm	M Tu W Th F
4401.104	Fort Davis	4:00pm-8:00pm	M Tu W Th F
4401.105	Harrison	4:00pm-8:45pm	M Tu W Th F
4401.106	Parkview	5:00pm-8:30pm	M Tu W Th F
4401.107	Marie Reed	5:00pm-8:30pm	M Tu W Th F
4401.108	Stead	4:00pm-8:30pm	M Tu W Th F
4401.109	Kalorama	4:00pm-6:00pm	M Tu W Th F
4401.110	North Michigan Park	4:00pm-6:00pm	M Tu W Th F
4401.111	Edgewood	4:00pm-8:00pm	M Tu W Th F
4401.112	Joseph H. Cole	4:00pm-6:00pm	M Tu W Th
4401.113	Brentwood	4:00pm-6:00pm	M Tu W Th
4401.114	Benning Park	5:30pm-8:30pm	M W F
4401.115	Hart	5:00pm-6:30pm	M W F
4401.116	Savoy	5:00pm-6:30pm	M W F
4401.117	Fort Stanton	5:00pm-8:30pm	M W F
4401.118	Bald Eagle	5:00pm-6:30pm	M W F
4401.119	Kenilworth-Parkside	5:00pm-6:30pm	M W F
4401.121	Ridge Road	5:00pm-6:30pm	M W F
4401.122	Chevy Chase	7:00pm-8:30pm	M W
4401.123	Douglass	6:00pm-8:00pm	Tu
4401.124	Watts Branch	4:00pm-5:30pm	M
4298.152	SETLC	4:00pm-7:00pm	F

## Creative Expression

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 6yrs to 13yrs

Express yourself! Paint, draw, color, and participate in a range of artistic projects.

1055.101	Edgewood	5:00pm-6:30pm	M Tu W Th F
1055.102	Joseph H. Cole	5:00pm-6:30pm	M Tu W Th F
1055.103	Payne	5:00pm-6:00pm	M Tu W Th F
1055.104	Brentwood	4:30pm-6:00pm	M Tu W Th F
1055.105	Emery	4:30pm-6:30pm	M Tu W Th F
1055.106	Marie Reed	5:00pm-6:30pm	M Tu W Th F
1055.107	Stead	5:00pm-6:30pm	M Tu W Th F
1055.108	Fort Davis	4:45pm-6:45pm	M Tu W Th F
1055.109	Douglass	4:45pm-6:45pm	M Tu W Th F
1055.110	Kenilworth-Parkside	4:45pm-6:45pm	M Tu W Th F
1055.111	Ridge Road	4:45pm-6:45pm	M Tu W Th F
1055.112	Hart	4:45pm-6:45pm	M Tu W Th F
1055.113	Savoy	5:00pm-6:30pm	M Tu W Th F
1055.114	Bald Eagle	5:00pm-6:30pm	M Tu W Th F
1055.115	Macomb	5:00pm-6:30pm	M Tu W Th F
1055.116	Hamilton	5:00pm-6:30pm	M Tu W Th F
1055.117	Raymond	4:30pm-6:30pm	M Tu W Th F
1055.118	Fort Stevens	5:30pm-6:30pm	M Tu W Th F
1055.119	North Michigan Park	5:30pm-6:30pm	M Tu W Th F

## Crocheting and Knitting

Fee: None  
13 Week Session  
Sept. 6, 2005 - Dec. 8, 2005  
Ages: 6yrs to 18yrs  
Learn the basic techniques of knitting and crocheting.

4225.101 Marie Reed 6:30pm-8:45pm Tu Th

## Dance Class for Girls

Fee: None  
14 Week Session  
Sept. 5, 2005 - Dec. 9, 2005  
Ages: 9yrs to 18yrs  
Young ladies learn various types of dances to perform at special events and activities.

4243.101 North Michigan Park 6:00pm-8:00pm M W F



## Drama On My Mind

Fee: None  
14 Week Session  
Sept. 7, 2005 - Dec. 7, 2005  
Ages: 6yrs to 18yrs  
Tell a story dramatically while having fun reading, writing, and creating your own two-minute plays.

4481.101 Joseph H. Cole 5:00pm-6:30pm W

## Drawing and Painting

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 15yrs and over  
Express yourself! Instruction for both beginners and advanced students in drawing with pencil, charcoal, conte, pastels, acrylic, and oil painting. The instructor will distribute a list of required supplies. Art supplies are the responsibility of the students.

4203.101 Chevy Chase CC 5:30pm-7:30pm W  
4203.102 Chevy Chase CC 7:30pm-9:30pm W  
4203.103 Chevy Chase CC 4:15pm-5:30pm W

## Drums

Fee: DC Residents: \$175 Non-Residents: \$185  
10 Week Session  
Sept. 28, 2005 - Dec. 1, 2005  
Ages: 6yrs and over  
Learn music and develop coordination. Students receive private instruction. Each class is 30 minutes. A drum set is provided. Please contact staff at the Chevy Chase Community Center for lesson times.

4212.101 Chevy Chase CC 12:00pm-8:00pm W Th

## Egyptian Belly Dance

Fee: DC Residents: \$85 Non-Residents: \$90  
10 Week Session  
Sept. 29, 2005 - Dec. 1, 2005  
Ages: 15yrs and over  
Learn classical North African dance movements in a fun, supportive, woman-centered environment. Students learn basic techniques including hip and abdomen circles as well as arm movements. Enjoy the beautiful, healthy, and sensual art of Egyptian Belly Dance, exotic Moroccan and Egyptian music, and "mystical scarf magic."

4236.101 Chevy Chase CC 7:00pm-8:00pm Th

## ESOL (English as a Second or Other Language)

Fee: DC Residents: \$95 Non-Residents: \$100  
10 Week Session  
Oct. 1, 2005 - Dec. 3, 2005  
Ages: 18yrs and over  
Enroll in this conversational class for people interested in improving their English skills. Participants improve fluency, pronunciation, and vocabulary.

4241.101 Guy Mason 7:15pm-8:45pm Tu

## French

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 26, 2005 - Nov. 28, 2005  
Ages: 18yrs and over  
Bonjour! Come and enjoy our intermediate conversational French class. Uses of immersion techniques, including interactive practice exercises, the use of videos, and reading.

4001.101 Chevy Chase CC 6:00pm-7:00pm M  
4001.102 Chevy Chase CC 6:00pm-7:00pm Tu

## French

Fee: DC Residents: \$85 Non-Residents: \$90  
10 Week Session  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 18yrs and over  
Introduce yourself to the world of conversational French. Emphasis is on comprehension and oral communication. Contact center for class placement. Register at the Guy Mason Community Center.

4238.102 Guy Mason 6:00pm-7:00pm W  
4238.101 Guy Mason 6:00pm-7:00pm M  
4238.103 Guy Mason 6:00pm-7:00pm M  
4238.104 Guy Mason 7:10pm-8:10pm W

## Girls Curiosity Club

Fee: None  
14 Week Session  
Sept. 6, 2005 - Dec. 6, 2005  
Ages: 7yrs to 12yrs  
Have fun with your friends while you learn valuable life skills and the importance of positive life choices.

4487.101 Takoma 5:30pm-6:30pm Tu

## Girls Night

Fee: None  
14 Week Session  
Sept. 6, 2005 - Dec. 6, 2005  
Ages: 6yrs to 12yrs  
Explore issues of interest to you and your friends. Have fun while you establish positive life skills by participating in rap discussions, team activities and fun, meaningful field trips.

4486.101 Riggs LaSalle 6:00pm-8:00pm Tu



## Guitar

Fee: DC Residents: \$125 Non-Residents: \$135

10 Week Session

Sept. 26, 2005 - Nov. 28, 2005

Ages: 7yrs and over

Calling all budding musicians to learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies.

Participants must bring their own guitars.

4208.101	Chevy Chase CC	6:00pm-7:00pm	M
4208.102	Chevy Chase CC	7:00pm-8:00pm	M
4208.103	Chevy Chase CC	8:00pm-9:00pm	M
4208.104	Chevy Chase CC	10:00am-11:00am	Sa
4208.105	Chevy Chase CC	11:00am-12:00pm	Sa

## Guitar

Fee: DC Residents: \$75 Non-Residents: \$85

8 Week Session

Sept. 14, 2005 - Nov. 2, 2005

Ages: 7yrs and over

Play basic songs fast! Emphasis is on melodies, basic scales, easy chords, and correct posture. Students should bring their own guitars. Some guitars may be available for temporary use.

4209.101	Georgetown	4:15pm-5:30pm	W
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## Hand Dancing

Fee: None

14 Week Session

Sept. 5, 2005 - Dec. 5, 2005

Ages: 18yrs and over

Learn the steps and techniques needed to be on your way to becoming a bona fide old school dancer.

4242.101	Sherwood	6:30pm-8:30pm	M
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## Hip-Hop Jazz

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 6yrs to 13yrs

Enjoy the sounds and rhythms of hip-hop jazz!

4234.101	King Greenleaf	5:30pm-6:30pm	F
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## Introduction to Photography

Fee: DC Residents: \$125 Non-Residents: \$135

10 Week Session

Sept. 27, 2005 - Nov. 29, 2005

Ages: 7yrs and over

Develop your photography skills. This class involves the use of the darkroom, film development and printing.

4217.102	Chevy Chase CC	6:30pm-8:00pm	Tu
4217.101	Chevy Chase CC	5:00pm-6:30pm	Tu

## Joy of Singing

Fee: DC Residents: \$50 Non-Residents: \$55

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 13yrs and over

Discover the joy of singing in a relaxed atmosphere. Make the most of your voice with instruction and a wide variety of group songs.

4214.101	Chevy Chase CC	6:00pm-7:00pm	W
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## Just Us Girls

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 8yrs to 13yrs

Be a part of this fun and exciting club. Activities include educational enrichment, creative art, field trips, and guest speakers.

4484.101	Congress Heights	7:00pm-8:00pm	M
4484.102	Kennedy	7:00pm-8:00pm	W
4484.103	Stead	7:00pm-8:00pm	Tu
4484.104	Payne	5:00pm-6:30pm	Tu Th F
4484.105	Joseph H. Cole	6:00pm-7:30pm	Th
4484.106	Rudolph	5:00pm-6:00pm	Th
4484.107	Fort Stevens	6:00pm-7:00pm	F
4484.108	Hart	5:00pm-6:00pm	Tu

## Knitting

Fee: DC Residents: \$150 Non-Residents: \$160

10 Week Session

Oct. 1, 2005 - Dec. 3, 2005

Ages: 8yrs and up

Learn the basics of knitting. Beginners will finish a ski cap. More advanced students design and finish individual projects.

4224.101	Chevy Chase CC	10:00am-11:00am	Sa
(Ages 8yrs to 17 yrs 11months)			

4224.102	Chevy Chase CC	11:00am-1:00pm	Sa
(18 and up)			

## Liturgical Dance Team

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 10, 2005

Ages: 6yrs and over

Learn to be creative and express yourself through gesture, movement, and dance.

4244.101	Brentwood	11:30am-1:00pm	Sa
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## Modern Dance

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: Up to 13yrs

Learn modern dance movements and choreography steps, terms, and rhythms through group and individual practice.

4235.101	Harrison	4:00pm-6:00pm	Tu Th
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## Music Together

Fee: DC Residents: \$150

Non-Residents: \$160

10 Week Session

Ages: Up to 4yrs

Build your child's natural enthusiasm for music and movement. Parents are active participants in this class as both the parent and the instructor seek to develop the musical interest of the children.

Sept. 26, 2005 - Nov. 28, 2005

4215.101	Chevy Chase CC	9:30am-10:15am	M
4215.102	Chevy Chase CC	10:30am-11:15am	M
4215.103	Chevy Chase CC	11:30am-12:15pm	M
4215.104	Chevy Chase CC	9:30am-10:15am	Th
4215.105	Chevy Chase CC	10:30am-11:15am	Th
4215.106	Chevy Chase CC	11:30am-12:15pm	Th

Sept. 27, 2005 - Nov. 29, 2005

4216.101	Guy Mason	9:45am-10:30am	Tu
4216.102	Guy Mason	10:45am-11:30am	Tu
4216.103	Guy Mason	9:45am-10:30am	W
4216.104	Guy Mason	10:45am-11:30am	W
4216.105	Guy Mason	11:45am-12:30pm	W
4216.106	Guy Mason	9:45am-10:30am	F
4216.107	Guy Mason	10:45am-11:30am	F
4216.108	Guy Mason	11:45am-12:30pm	F

# Nutrition Buzz

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 8yrs and over

Learn more about nutrition and health. Participants learn the importance of a healthy diet, proper food choices and staying active. The instructor will share information about valuable health resources.

4471.101	Joseph H. Cole	6:30pm-7:45pm	M
4471.102	Fort Stevens	5:30pm-7:00pm	Th

# Piano

Fee: DC Residents: \$175 Non-Residents: \$185

10 Week Session

Sept. 28, 2005 - Dec. 1, 2005

Ages: 7yrs and over

Develop or expand your piano skills. Private instruction is provided. Each class is 30 minutes. Please call staff at the Chevy Chase Community Center for available times.

4210.101	Chevy Chase CC	12:00pm-8:00pm	W Th
4210.102	Chevy Chase CC	12:00pm-8:00pm	W Th

# Pottery

Fee: DC Residents \$125 Non-Residents: \$135

10 Week Session

Sept. 27, 2005 - Nov. 29, 2005

Ages: 6yrs and over

Learn clay forming, use of the pottery wheel, decorating, firing, and glazing to produce ceramic works of art.

4201.101	Chevy Chase CC	5:30pm-6:30pm	Tu
4201.102	Chevy Chase CC	6:30pm-8:30pm	Tu
4201.103	Chevy Chase CC	9:00am-10:00am	Sa
4201.104	Chevy Chase CC	10:00am-12:00pm	Sa

# Pottery

Fee: DC Residents: \$180 Non-Residents: \$190

10 Week Session

Sept. 26, 2005 - Nov. 28, 2005

Ages: 18yrs and over

Use basic clay forming, use of the wheel, decorating, firing, and glazing to produce works independently.

Wheel Class: Wed. 7:00-9:00  
Wheel Class: Thurs. 7:00-9:00  
Hand Building Thurs. 10:30-1:00

4202.101	Guy Mason	7:00pm-9:30pm	M
4202.102	Guy Mason	7:00pm-9:30pm	Tu
4202.103	Guy Mason	7:00pm-9:30pm	W
4202.104	Guy Mason	10:30am-1:30pm	Th
4202.105	Guy Mason	7:00pm-9:30pm	Th
4202.106	Guy Mason	9:30am-12:00pm	Sa

# Progressive Computer Skills Training

Fee: DC Residents None Non-Residents: \$10

12 Week Session

Sept. 23, 2005 - Dec. 9, 2005

Ages: 10yrs to 17yrs

Progressive computer training that allows students to advance from one lesson to another while conquering computer fears. They will engage in fun interactive Internet activities and by the end of the session, students will have obtained basic computer literacy.

4230.152	SETLC	6:00pm-7:00pm	F
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# Quilting

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 10, 2005

Ages: 21yrs to 54yrs

Create your own unique quilting design! Learn the basics of quilting and expand on your knowledge.

4226.101	North Michigan Park	1:00pm-4:00pm	Sa
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# Reading Enrichment Club

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 10, 2005

Ages: 16yrs and over

Read and discuss popular books written by diverse author.

4490.101	Kalorama	11:00am-2:00pm	Sa
4490.102	Watts Branch	7:00pm-8:00pm	F
4490.103	Douglas	6:00pm-7:00pm	M
4490.104	Joseph H. Cole	5:00pm-6:00pm	Tu Th
4490.105	North Michigan Park	6:45pm-8:45pm	M

# Rhythm and Drumming

Fee: DC Residents: \$90 Non-Residents: \$95

10 Week Session

Sept. 29, 2005 - Dec. 1, 2005

Ages: 9yrs and over

Develop rhythm and drumming skills in a group jam session! Students must provide practice pad, stand, and sticks.

4213.101	Chevy Chase CC	5:00pm-6:00pm	Th
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# Sewing

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 7, 2005

Ages: 18yrs and over

STITCH!!! Students learn basic sewing tasks, pattern cutting and fabric crafting to design and create clothing. More advanced students receive individual instruction on how to enhance their skills and make the clothes of their dreams!

4089.101	Emery	6:00pm-8:00pm	W
4089.102	Stead	7:00pm-8:00pm	M W Th

# Sewing

Fee: DC Residents: \$115 Non-Residents: \$125

10 Week Session

Sept. 26, 2005 - Nov. 28, 2005

Ages: 15yrs and up

STITCH!!! Students learn basic sewing tasks, pattern cutting and fabric crafting to design and create clothes. More advanced students receive individual instruction on how to enhance their skills and make the clothes of their dreams!

4218.101	Chevy Chase CC	7:00pm-9:00pm	M
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# Sister 2 Sister

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 6yrs to 12yrs

Emphasizes etiquette, literary exploration, health and wholeness, and leisurely fun. Participation in book clubs and field trips round out the program.

4488.101	Watts Branch	5:00pm-6:00pm	Tu
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## Spanish for Beginners

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Sept. 26, 2005 - Nov. 28, 2005

Ages: 18yrs and over

Learn conversational Spanish, utilizing a full immersion technique to include practice with others, videos, and texts.

4237.101	Chevy Chase CC	7:15pm-8:15pm	M
4237.102	Chevy Chase CC	7:15pm-8:15pm	Tu
4237.103	Chevy Chase CC	7:30pm-8:30pm	W

## Spanish: Intermediate

Fee: DC Residents: \$85 Non-Residents: \$90

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 18yrs and over

Expand on skills learned in the Spanish Beginner I class. Students must have completed an introductory course and are expected to have basic communication skills, knowledge of all the regular present tense, and differences between "ser" and "estar." Register at the site.

4239.102	Guy Mason	6:00pm-7:00pm	W
4239.103	Guy Mason	5:30pm-6:30pm	Th
4239.104	Guy Mason	6:30pm-7:30pm	Th
4239.105	Guy Mason	7:30pm-8:30pm	Th
4239.101	Guy Mason	5:30pm-6:30pm	Tu

## Stitch and Mix

Fee: None

15 Week Session

Sept. 7, 2005 - Dec. 7, 2005

Ages: 6yrs to 12yrs

STITCH and MIX!!! Students learn basic sewing tasks, pattern cutting, and fabric crafting to design and create clothes.

4223.101	Upshur	5:00pm-7:00pm	W
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## Story Telling

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 10, 2005

Ages: 3yrs to 12yrs

Enjoy listening to exciting stories! Have even more fun bringing stories to life by performing them.

4473.101	Brentwood	2:00pm-3:00pm	Sa
4473.102	Friendship	10:00am-12:00pm	Sa
4473.103	Kalorama	4:30pm-5:30pm	Tu Th

## Supreme Teens

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 13yrs to 19yrs

Teens meet to exchange ideas, plan workshops, attend cultural events, participate in recreational activities, and engage in community service learning projects.

4400.101	Dwight Mosley	6:00pm-8:30pm	Tu
4400.102	Hamilton	7:00pm-8:00pm	Th
4400.103	Douglass	6:00pm-8:00pm	F
4400.104	Harrison	6:00pm-8:30pm	Tu Th F
4400.105	Stead	7:00pm-8:00pm	Tu
4400.106	Marie Reed	6:30pm-8:30pm	F
4400.107	Kalorama	7:00pm-8:00pm	W
4400.108	Benning Park	7:00pm-8:45pm	Th
4400.109	Fort Davis	6:00pm-8:30pm	F
4400.110	Fort Stanton	7:00pm-8:30pm	Th
4400.111	Watts Branch	6:00pm-8:00pm	W
4400.112	Bald Eagle	7:00pm-8:45pm	Tu Th
4400.113	Kenilworth-Parkside	7:00pm-8:45pm	Th
4400.114	Ridge Road	7:00pm-8:45pm	Th
4400.115	Hart	7:00pm-8:45pm	Tu Th
4400.116	Savoy	7:00pm-8:45pm	Tu Th
4400.117	Fort Stevens	6:00pm-7:00pm	M W
4400.118	Raymond	6:30pm-8:30pm	F
4400.119	Stoddert	5:00pm-6:30pm	Th
4400.120	Rudolph	7:00pm-8:45pm	F
4400.121	Chevy Chase	6:00pm-7:30pm	F
4400.122	Palisades	6:30pm-8:30pm	F
4400.123	Hearst	7:00pm-8:30pm	M F
4400.124	Edgewood	6:30pm-8:30pm	M F
4400.125	Joseph H. Cole	6:00pm-7:30pm	Th
4400.126	Takoma	7:00pm-8:00pm	Th
4400.127	Emery	6:00pm-7:00pm	W F
4400.128	Macomb	6:00pm-7:00pm	Th

## Toddler Tiempo

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Sept. 27, 2005 - Nov. 29, 2005

Ages: 1yr 6mths to 3yrs

Introduce your child to Spanish through singing games, parachute and hula-hoop play, play-dough activities, and stories. This class meets once a week.

4240.101	Chevy Chase CC	9:15am-10:00am	Tu
4240.102	Chevy Chase CC	10:15am-11:00am	Tu
4240.103	Chevy Chase CC	9:15am-10:00am	W
4240.104	Chevy Chase CC	10:15am-11:00am	W

*Drop-In activities are offered at your neighborhood recreation center. Activities include: board and table games, puzzle challenges, charades, card play (all ages), and much more.*

The Aquatics Division offers water activities for children, youth, teens, adults, seniors, and people with special needs. Programs include swim lessons, swim meets, water aerobics, and deep water walking/running. Note: There is a minimum number of participants and maximum capacity for all aquatics programs. On-line registration is required.

## Aerobics: Deep Water Walking/Running

(with a flotation device)

Fee: DC Residents: \$25 Non-Residents: \$50

Ages: 18yrs and over

Min/Max: 10/20

Promotes muscle strength, endurance, and tones large muscle groups. Must be comfortable working out in deep water.

Sept. 6, 2005 - Sept. 29, 2005  
2525.100 Takoma 11:00am-11:50am Tu Th

Oct. 4, 2005 - Oct. 27, 2005  
2525.110 Takoma 11:00am-11:50am Tu Th

Nov. 1 2005 - Nov. 29 2005  
2525.120 Takoma 11:00am-11:50am Tu Th

Dec. 1, 2005 - Dec. 27, 2005  
2525.130 Takoma 11:00am-11:50am Tu Th

## Aerobics: Shallow Water

Fee: DC Residents: \$25 Non-Residents: \$50

Ages: 18yrs and over

Adults have fun and get fit! Set your own pace and intensity while doing aerobic exercises in shallow water. Whether you want to stay fit, lose weight or socialize, this class leaves you feeling energized.

Min/Max: 20/40  
Oct. 11, 2005 - Dec. 15, 2005  
2518.134 William H. Rumsey 6:30pm-7:30pm Tu Th

Min/Max: 10/20  
Sept. 6, 2005 - Sept. 28, 2005  
2521.171 Takoma 7:00pm-7:45pm W F

Oct. 5, 2005 - Oct. 28, 2005  
2521.172 Takoma 10:00am-10:50am W F

Nov. 2, 2005 - Nov. 25, 2005  
2521.173 Takoma 10:00am-10:50am W F

Dec. 7, 2005 - Dec. 25, 2005  
2521.121 Takoma 11:00am-11:50am W F



## Competitive Youth Swim & Diving Team Training

Fee: DC Residents: \$95

Non-Residents: \$180

Ages: 5yrs to 18yrs

Advanced level swimmers participate in local and national swim meets and competitions (affiliated with USA Swimming).

Feb. 14, 2005 - Feb. 10, 2006  
2523.109 William H. Rumsey 5:00pm-7:00pm M Tu W Th F  
2523.110 William H. Rumsey 4:45am-6:30am M Tu W Th F

Feb. 15, 2005 - Feb. 15, 2006  
2523.108 Takoma 5:00pm-7:00pm M Tu W Th F

## Learn to Swim for Adults: Level 1

Fee: DC Residents: None Non-Residents: \$26

4 Week Session

Ages: 18yrs and over

Helps students feel comfortable in the water while developing basic swimming and water safety skills. Each class is limited to eight adults. Swim classes at the DC TRC are limited to six students.

Oct. 3, 2005 - Oct. 26, 2005  
2000.151 Dunbar 7:15pm-7:45pm M W  
2001.151 Marie Reed 7:15pm-7:45pm M W  
2003.151 DC TRC 10:00am-10:45am Tu

Oct. 4, 2005 - Oct. 27, 2005  
2004.151 William H. Rumsey 7:15pm-7:45pm Tu Th  
2005.151 Takoma 7:15pm-7:45pm Tu Th

Nov. 2, 2005 - Nov. 29, 2005  
2007.151 Dunbar 7:15pm-7:45pm M W  
2008.151 Marie Reed 7:15pm-7:45pm M W  
2010.151 DC TRC 10:00am-10:45am Tu

Nov. 1, 2005 - Nov. 24, 2005  
2011.151 William H. Rumsey 7:15pm-7:45pm Tu Th  
2012.151 Takoma 7:15pm-7:45pm Tu Th

Dec. 5, 2005- Dec. 28, 2005  
2014.151 Dunbar 7:15pm-7:45pm M W  
2015.151 Marie Reed 7:15pm-7:45pm M W  
2017.151 DC TRC 10:00am-10:45am Tu

Dec. 6, 2005 - Dec. 29, 2005  
2018.151 William H. Rumsey 7:15pm-7:45pm Tu Th  
2019.151 Takoma 7:15pm-7:45pm Tu Th

*Young Children and Adults with special needs are encouraged to sign up for all aquatics classes.*

*DC Parks and Recreation has the right to cancel classes due to low enrollment.*



**Learn to Swim for Adults: Level 2**

Fee: DC Residents: None Non-Residents: \$26  
4 Week Session

Ages: 18yrs and over  
Builds on the skills in Level 1 through additional guided practice.  
Each class is limited to eight adults. Swim classes at the DC TRC are limited to six students.

Oct. 3, 2005 - Oct. 26, 2005

2021.151	Dunbar	7:45pm-8:15pm	M W
2022.151	Marie Reed	7:45pm-8:15pm	M W
2024.151	DC TRC	10:00am-10:45am	Tu

Oct. 4, 2005 - Oct. 27, 2005

2025.151	William H. Rumsey	7:45pm-8:15pm	Tu Th
2026.151	Takoma	7:45pm-8:15pm	Tu Th

Nov. 1, 2005 - Nov. 29, 2005

2028.151	Dunbar	7:45pm-8:15pm	M W
2029.151	Marie Reed	7:45pm-8:15pm	M W
2031.151	DC TRC	10:00am-10:45am	Tu

Nov. 2, 2005 - Nov. 30, 2005

2032.151	William H. Rumsey	7:45pm-8:15pm	Tu Th
2033.151	Takoma	7:45pm-8:15pm	Tu Th

Dec. 5, 2005 - Dec. 28, 2005

2035.151	Dunbar	7:45pm-8:15pm	M W
2036.151	Marie Reed	7:45pm-8:15pm	M W
2038.151	DC TRC	10:00am-10:45am	Tu

Dec. 6, 2005 - Dec. 29, 2005

2039.151	William H. Rumsey	7:45pm-8:15pm	Tu Th
2040.151	Takoma	7:45pm-8:15pm	Tu Th

**Learn to Swim for Adults: Levels 3 & 4**

Fee: DC Residents: \$30 Non-Residents: \$40  
4 Week Session

Ages: 18yrs and over  
Enhances your swimming skills and builds on skills covered in Level 2 through additional guided practice. Each class is limited to eight students.

Oct. 4, 2005 - Oct. 27, 2005

2042.151	William H. Rumsey	8:15pm-9:00pm	Tu Th
2043.151	Takoma	8:15pm-9:00pm	Tu Th

Nov. 2, 2005 - Nov. 30, 2005

2044.151	William H. Rumsey	8:15pm-9:00pm	Tu Th
2045.151	Takoma	8:15pm-9:00pm	Tu Th

Dec. 6, 2005 - Dec. 29, 2005

2046.151	William H. Rumsey	8:15pm-9:00pm	Tu Th
2047.151	Takoma	8:15pm-9:00pm	Tu Th

**Learn to Swim for Children: Level 1**

Fee: DC Residents: None Non-Residents: \$26  
4 Week Session

Ages: 5yrs - 9 yrs  
Helps children feel comfortable in the water while developing basic swimming and water safety skills. Each class is limited to eight children. Swim classes at the DC TRC are limited to six students.

Oct. 3, 2005 - Oct. 26, 2005

2000.100	Dunbar	4:45pm-5:15pm	M W
2001.152	Marie Reed	4:45pm-5:15pm	M W

Oct. 4, 2005 - Oct. 27, 2005

2003.154	DC TRC	4:00pm-5:00pm	Tu
2004.156	William H. Rumsey	4:45pm-5:15pm	Tu Th
2005.157	Takoma	4:45pm-5:15pm	Tu Th

Nov. 2, 2005 - Nov. 28, 2005

2007.159	Dunbar	4:45pm-5:15pm	M W
2008.150	Marie Reed	4:45pm-5:15pm	M W

Nov. 1, 2005 - Nov. 24, 2005

2017.152	DC TRC	4:00pm-5:00pm	Tu
2011.154	William H. Rumsey	4:45pm-5:15pm	Tu Th
2012.155	Takoma	4:45pm-5:15pm	Tu Th

Dec. 5, 2005 - Dec. 28, 2005

2014.117	Dunbar	4:45pm-5:15pm	M W
2015.118	Marie Reed	4:45pm-5:15pm	M W

Dec. 6, 2005 - Dec. 29, 2005

2018.120	William H. Rumsey	4:45pm-5:15pm	Tu Th
2019.121	Takoma	4:45pm-5:15pm	Tu Th

**Learn to Swim for Children: Level 2**

Fee: None Non-Residents: \$26  
4 Week Session

Ages: 5yrs-9yrs  
Builds on the skills from Level 1 through additional guided practice. Each class is limited to eight children.

Oct. 3, 2005 - Oct. 26, 2005

2021.153	Dunbar	5:15pm-5:45pm	M W
2022.154	Marie Reed	5:15pm-5:45pm	M W

Oct. 4, 2005 - Oct. 27, 2005

2025.156	William H. Rumsey	5:15pm-5:45pm	Tu Th
2026.157	Takoma	5:15pm-5:45pm	Tu Th

Nov. 2, 2005 - Nov. 29, 2005

2028.159	Dunbar	5:15pm-5:45pm	M W
2029.150	Marie Reed	5:15pm-5:45pm	M W

Nov. 2, 2005 - Nov. 30, 2005

2032.153	William H. Rumsey	5:15pm-5:45pm	Tu Th
2033.154	Takoma	5:15pm-5:45pm	Tu Th

Dec. 5, 2005 - Dec. 28, 2005

2035.156	Dunbar	5:15pm-5:45pm	M W
2036.157	Marie Reed	5:15pm-5:45pm	M W

Dec. 6, 2005 - Dec. 29, 2005

2039.150	William H. Rumsey	5:15pm-5:45pm	Tu Th
2040.151	Takoma Pool	5:15pm-5:45pm	Tu Th

**Learn to Swim for Children: Levels 3 & 4**

Fee: DC Residents: \$30 Non-Residents: \$40

Length: 4 Week Session

Ages: 5yrs - 9 yrs

Enhances your swimming skills and builds on skills covered in Level 2 through additional guided practice. Each class is limited to eight children.

Oct. 4, 2005 - Oct. 27, 2005

2042.153	William H. Rumsey	6:00pm-6:45pm	Tu Th
2043.154	Takoma Pool	6:00pm-6:45pm	Tu Th

Nov. 1, 2005 - Nov. 24, 2005

2044.155	William H. Rumsey	6:00pm-6:45pm	Tu Th
2045.156	Takoma Pool	6:00pm-6:45pm	Tu Th

Dec. 6, 2005 - Dec. 29, 2005

2046.157	William H. Rumsey	6:00pm-6:45pm	Tu Th
2047.158	Takoma Pool	6:00pm-6:45pm	Tu Th

**Learn to Swim for Youth: Level 1**

Fee: DC Residents: None Non-Residents: \$26  
 Length: 4 Week Session  
 Ages: 10yrs - 17yrs  
 Helps students feel comfortable in the water while developing basic swimming and water safety skills. Each class is limited to eight youth. Swim classes at the DC TRC are limited to six students.

Oct. 3, 2005 - Oct. 26, 2005				
2000.149	Dunbar	5:45pm-6:15pm	M	W
2001.150	Marie Reed	5:45pm-6:15pm	M	W

Oct. 4, 2005 - Oct. 27, 2005				
2003.152	DC TRC	4:00pm-5:00pm	Th	
2004.154	William H. Rumsey	5:45pm-6:15pm	Tu	Th
2005.155	Takoma	5:45pm-6:15pm	Tu	Th

Nov. 1, 2005 - Nov. 29, 2005				
2007.157	Dunbar	5:45pm-6:15pm	M	W
2008.158	Marie Reed	5:45pm-6:15pm	M	W

Nov. 2, 2005 - Nov. 30, 2005				
2017.160	DC TRC	4:00pm-5:00pm	Th	
2011.162	William H. Rumsey	5:45pm-6:15pm	Tu	Th
2012.163	Takoma	5:45pm-6:15pm	Tu	Th

Dec. 5, 2005 - Dec. 28, 2005				
2014.165	Dunbar	5:45pm-6:15pm	M	W
2015.166	Marie Reed	5:45pm-6:15pm	M	W

Dec. 6, 2005- Dec. 29, 2005				
2024.161	DC TRC	4:00pm-5:00pm	Th	
2018.168	William H. Rumsey	5:45pm-6:15pm	Tu	Th
2019.169	Takoma	5:45pm-6:15pm	Tu	Th

**Learn to Swim for Youth: Level 2**

Fee: DC Residents: None Non-Residents: \$26  
 4 Week Session  
 Ages: 10yrs - 17yrs  
 Builds on the skills from Level 1 through additional guided practice. Each class is limited to eight youth.

Oct. 3, 2005 - Oct. 26, 2005				
2021.171	Dunbar	6:15pm-6:45pm	M	W
2022.172	Marie Reed	6:15pm-6:45pm	M	W

Oct. 4, 2005 - Oct. 27, 2005				
2025.174	William H. Rumsey	6:15pm-6:45pm	Tu	Th
2026.175	Takoma	6:15pm-6:45pm	Tu	Th

Nov. 1, 2005 - Nov. 29, 2005				
2028.177	Dunbar	6:15pm-6:45pm	M	W
2029.178	Marie Reed	6:15pm-6:45pm	M	W

Nov. 2, 2005 - Nov. 30, 2005				
2032.180	William H. Rumsey	6:15pm-6:45pm	Tu	Th
2033.181	Takoma	6:15pm-6:45pm	Tu	Th

Dec. 5, 2005 - Dec. 28, 2005				
2035.183	Dunbar	6:15pm-6:45pm	M	W
2036.184	Marie Reed	6:15pm-6:45pm	M	W

Dec. 6, 2005- Dec. 29, 2005				
2039.186	William H. Rumsey	6:15pm-6:45pm	Tu	Th
2040.187	Takoma	6:15pm-6:45pm	Tu	Th

**Master Swim Team Training**

Tentative Quarterly Fee: DC Resident \$143 Non- Residence \$195  
 Ages: 18yrs and over  
 Adult advanced level swimmers participate in local and national swim meets and competitions. The Team practices at the pool at the Takoma Community Center.

Feb. 15, 2005 - Feb. 17, 2006				
2516.100	Takoma	7:00pm-8:30pm	M	Tu Th

**Parent and Child Swim**

Fee: DC Residents: \$20 Non-Residents: \$26  
 8 Week Session  
 Ages: 6 mths - 4 yrs

Builds swimming readiness for young children by emphasizing fun in the water. Parents and their children participate in guided practice sessions that help children learn basic skills: water entry, bubble blowing, front kicking, back floating, underwater exploration, and more.

Oct. 5, 2005 - Nov. 23, 2005				
2900.100	Dunbar	4:15pm-4:45pm	W	
2910.102	Marie Reed	4:15pm-4:45pm	W	
2912.104	Takoma	10:00am-10:30am	W	

Oct. 1, 2005 - Nov. 19, 2005				
2913.104	William H. Rumsey	9:30am-10:00am	Sa	
2933.105	William H. Rumsey	10:00am-10:30am	Sa	
2914.106	Takoma	9:30am-10:00am	Sa	
2915.107	Takoma	10:00am-10:30am	Sa	

Nov. 30, 2005 - Jan. 18, 2006				
2917.100	Dunbar	4:15pm-4:45pm	W	
2918.101	Marie Reed	4:15pm-4:45pm	W	
2929.103	Takoma	10:00am-10:30am	W	

Dec. 3, 2005 - Jan. 28, 2006 (No class on Dec. 24th)				
2920.104	William H. Rumsey	9:30am-10:00am	Sa	
2930.105	William H. Rumsey	10:00am-10:30am	Sa	
2921.106	Takoma	9:30am-10:00am	Sa	
2931.107	Takoma	10:00am-10:30am	Sa	

Jan. 25, 2006 - Mar. 8, 2006				
2923.117	Dunbar	4:15pm-4:45pm	W	
2924.118	Marie Reed	4:15pm-4:45pm	W	
2934.120	Takoma	10:00am-10:30am	W	

Feb. 4, 2006 - Mar. 11, 2006				
2925.104	William H. Rumsey	9:30am-10:00am	Sa	
2932.105	William H. Rumsey	10:00am-10:30am	Sa	
2926.106	Takoma	9:30am-10:00am	Sa	
2928.107	Takoma	10:00am-10:30am	Sa	

*Lifeguard Courses, Water Safety Instructor Courses, and Springboard Diving for Youth are offered during the fall and winter months.*

*For further information about these programs, please contact the Aquatics Office at (202) 282-0720 or (202) 282-0793.*



Traditional and non-traditional Sports and Fitness opportunities are available at every fitness level. Get up! Get moving! Get Healthy!

## Aerobics

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 7, 2005

Ages: Up to 18yrs

Children and youth burn calories, tone muscles, and improve cardiovascular fitness and coordination in a low impact aerobics class.

4600.324	Harrison	4:00pm-6:00pm	M W
4700.111	Takoma	7:00pm-8:00pm	MW

## Aerobics

Fee: DC Residents: \$75 Non-Residents: \$90

12 Week Session

Sept. 26, 2005 - Nov. 10, 2005

Ages: 18yrs and over

Young adults burn calories, tone muscles, and improve cardiovascular fitness and coordination.

4700.103	Emery	6:30pm-7:30pm	M W
4700.107	Hillcrest	7:00pm-8:00pm	M W
4700.105	Brentwood	6:30pm-7:30pm	Tu Th
4700.106	King Greenleaf	7:00pm-8:00pm	M W
4700.113	Fort Davis	7:00pm-8:00pm	Th
4700.121	Kennedy	6:30pm-7:30pm	Tu Th
4700.111	Takoma	7:00pm-8pm	M W

## Badminton

Fee: None

9 Week Session

Sept. 9, 2005 - Nov. 4, 2005

Ages: 21yrs and over

Badminton is one of the world's fastest Olympic racket sports! Participants enjoy the social aspects of play as well as the fantastic health benefits of a great cardiovascular workout. Participants of all skill levels learn the sport in a fun, engaging environment, as well as compete in games!

7000.100	Kennedy	5:30pm-7:00pm	F
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## Baseball

Fee: None

Sept. 12, 2005 - Nov. 18, 2005

Ages: 13yrs to 15yrs

7200.100	Guy Mason	4:00pm-6:00pm	M T W Th F
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Sept. 8, 2005 -Oct. 26, 2005

Ages: 13yrs to 15yrs

7300.100	Guy Mason	4:00pm-6:00pm	Th
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## Baseball: Little League

Fee: None

10 Week Session

Sept. 6, 2005 - Nov. 10, 2005

Ages: 8yrs to 12yrs

Enjoy little league play while learning and improving upon baseball fundamentals.

7534.101	Hearst	4:00pm-7:00pm	Tu Th
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## Basketball

Fee: None

Learn the basics of organized basketball, including skill development, rules and regulations, and sportsmanship. Learn to apply skills through competitive team play and practices.

Sept. 6, 2005 - Dec. 8, 2005

Ages: 6yrs to 18yrs

7229.111	Kennedy	5:30pm-8:00pm	M Tu Th
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Sept. 6, 2005 - Dec. 8, 2005

Ages: 6yrs to 18yrs

7903.141	Hamilton	4:00pm-5:00pm	M Tu Th
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Sept. 6, 2005 - Dec. 8, 2005

Ages: 9yrs to 15yrs

7983.196	Petworth	5:00pm-7:00pm	Tu Th
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Sept. 6, 2005 - Dec. 9, 2005

Ages: 9yrs to 15yrs

7024.103	Raymond	5:00pm-8:00pm	M Tu W Th F
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Sept. 6, 2005 - Dec. 9, 2005

Ages: 6yrs to 16yrs

7112.191	Chevy Chase PG	4:00pm-8:30pm	M Tu W Th F
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Sept. 6, 2005 - Dec. 10, 2005

Ages: 11yrs to 12yrs

7892.184	Raymond	6:00pm-8:00pm	M Tu W Th F Sa
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## Basketball

Fee: DC Residents: \$75 Non-Residents: \$85

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 7yrs to 8yrs

7228.171	Chevy Chase CC	5:00pm-6:00pm	M
7228.185	Chevy Chase CC	4:00pm-5:00pm	M

## Basketball: Boys Only

Fee: None

Ages: 8 and under, 9-12, 13-15, and 16-18

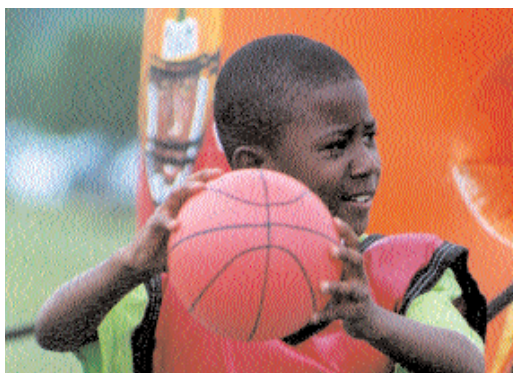
Sept. 8, 2005 - Sept. 8, 2005

7859.122	Emery	6:00pm-8:00pm	M Tu
7859.142	Emery	6:00pm-8:00pm	W Th

Sept. 7, 2005 - Dec. 7, 2005

Ages: 6yrs to 15yrs

7263.192	Takoma	4:30pm-6:00pm	M W
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### Basketball: Co-ed

Fee: None

Children and teens the basics of organized basketball, including skill development, rules and regulations, and sportsmanship. Learn to apply skills through competitive team play and practices.

Sept. 6, 2005 - Dec. 8, 2005

Ages: 11yrs to 12yrs

7521.181 Rosedale 6:30pm-8:00pm M Tu W Th

7521.189 Benning Stoddert 5:00pm-8:00pm M Tu W Th

Sept. 6, 2005 - Dec. 8, 2005

Ages: 6yrs to 15yrs

7551.189 Brentwood 5:00pm-7:00pm Tu W Th

### Basketball: Adults

Fee: None

Sept. 6, 2005 - Dec. 6, 2005

Ages: 21yrs to 35yrs

7527.101 Hine 6:00pm-8:45pm M Tu

Sept. 6, 2005 - Dec. 10, 2005

Ages: 18yrs and over

7224.181 Macomb 6:00pm-8:00pm M Tu W Th F Sa

7224.183 Kalorama 10:00am-2:00pm Sa

Sept. 6, 2005 - Dec. 9, 2005

Ages: 40yrs to 60yrs

7422.101 Taft 6:00pm-8:30pm Tu F

### Basketball: Girls

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 7, 2005

Ages: 6yrs to 12yrs

Participants work on the fundamentals of basketball.

7263.182 Takoma 4:30pm-6:00pm M W

### Basketball: Intergenerational

Fee: None

14 Week Session

Sept. 10, 2005 - Dec. 3, 2005

Ages: 16yrs and over

League play allows youth and adults to compete as teams in a fun and rewarding environment.

7324.183 Marie Reed 10:00am-2:00pm Sa

### Basketball: Juniors

Fee: None

Learn dribbling, shooting skills, rules of the game, and sportsmanship.

Sept. 8, 2005 - Dec. 8, 2005

Ages: 6yrs to 9yrs

7322.101 Langdon 6:30pm-8:00pm Th

Sept. 7, 2005 - Dec. 9, 2005

Ages: 11yrs to 12yrs

7333.101 Joseph H. Cole 5:00pm-7:00pm M W F

Sept. 13, 2005 - Dec. 6, 2005

Ages: 6yrs to 12yrs

7522.101 North Michigan Park 4:00pm-5:00pm Tu

Sept. 6, 2005 - Dec. 6, 2005

Ages: 13yrs to 15yrs

7552.101 Joseph H. Cole 8:00pm-8:45pm M Tu

Sept. 6, 2005 - Dec. 10, 2005

Ages: 6yrs to 15yrs

7632.101 Edgewood 5:15pm-8:45pm M Tu W Th F

10:00am -2:00pm Sa

### Basketball: Pee Wee

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 6yrs to 9yrs

Learn how to play organized basketball through practices and games.

7021.181 Payne 6:30pm-8:00pm M Tu W F

### Basketball: Youth

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 13yrs to 15yrs

SWISH!!! Participants play vigorous games alongside fellow teammates against other competitors within DPR.

7224.195 Kalorama 5:30pm-7:00pm M Tu Th F

### Boxercise

Fee: None

12 Week Session

Sept. 6, 2005 - Dec. 2, 2005

Ages: 18yrs to 54yrs

Enjoy a good workout participating in traditional boxing endurance activities such as jumping rope and shadow boxing.

4600.101 Fort Davis 4:00pm-6:00pm M Tu W Th F

### Boxing

Fee: None

Learn the art of Olympic Style Boxing. (Amateur Boxing)

Sept. 6, 2005 - Dec. 6, 2005

Ages: 8yrs to 18yrs

7525.101 Benning Park 5:30pm-9:00pm M Th F

Sept. 6, 2005 - Dec. 3, 2005

Ages: 8yrs to 54yrs

7765.169 Langdon 6:00pm-7:30pm M Tu W Th F Sa

**Boxing: Amateur**

Fee: None  
 14 Week Session  
 Sept. 6, 2005 - Dec. 9, 2005  
 Ages: 8yrs and over  
 Young male and female boxing enthusiasts participate in training offering Olympic-style boxing, defensive skills, footwork, hand techniques, and hand-eye coordination.

7100.121 Taft 5:00pm-8:30pm M Tu W Th F

**Boxing for the Novice**

Fee: None  
 14 Week Session  
 Sept. 6, 2005 - Dec. 8, 2005  
 Ages: 6yrs to 16yrs  
 Children and teens learn the art of boxing and engage in mentoring projects with coaches and staff.

7999.122 Joseph H. Cole 4:00pm-6:30pm Tu W Th

**Box 'n' Kick**

Fee: DC Residents: \$75 Non-Residents: \$90  
 12 Week Session  
 Sept. 26, 2005 - Dec. 10, 2005  
 Ages: 18yrs to 54yrs  
 Get an excellent work out while learning the fundamentals of balance and coordination associated with boxing and Martial arts.

4700.112 Sherwood 7:00pm-8:00pm Th Sa

**Coaches Choice: Officiating**

Fee: None  
 10 Week Session  
 Oct. 11, 2005 - Dec. 16, 2005  
 Ages: 10yrs to 16yrs  
 Youth are introduced to the rules and regulations of basketball officiating.

7230.111 Joseph H. Cole 7:00pm-8:30pm Tu F

**Core Yoga**

Fee: DC Residents: \$65 Non-Residents: \$80  
 12 Week Session  
 Sept. 26, 2005 - Dec. 10, 2005  
 Ages: 8yrs and over  
 Build muscular strength, while developing flexibility, balance, coordination, and relaxation through movement and breathing- a challenge to all fitness levels. This variation emphasizes core and abdominal strength.

4700.114 Takoma 7:30pm-8:30pm Tu

**Dancercise**

Fee: DC Residents: \$70 Non-Residents: \$75  
 10 Week Session  
 Sept. 26, 2005 - Nov. 28, 2005  
 Ages: 18yrs and over  
 Exercise with a dancer. Stretch and strengthen.

4520.181 Guy Mason 7:00pm-8:00pm M  
 4520.182 Guy Mason 9:30pm-10:30pm W  
 4520.183 Guy Mason 7:00pm-8:00pm W

**Dodge Ball**

Fee: None  
 14 Week Session  
 Sept. 8, 2005 - Dec. 8, 2005  
 Ages: 5yrs to 12yrs  
 Enjoy a game that's been a favorite for over 75 years.

7851.124 Emery 6:00pm-7:00pm Tu Th

**Dodge Ball: Coed Adults**

Fee: DC Residents: \$200 Non-Residents: \$275  
 9 Week Session  
 Sept. 20, 2005 - Nov. 17, 2005  
 Ages: 19yrs and over  
 It's here! Come join our new city-wide dodge ball league. We accept team and individual registrations. All teams must have at least two women. Teams can be no larger than six members.

7575.100 Langdon 6:00pm-9:00pm Tu Th  
 7575.101 Lafayette 6:00pm-9:00pm Th

**Double Dutch**

Fee: None  
 14 Week Session  
 Sept. 6, 2005 - Nov. 26, 2005  
 Ages: 4yrs to 12yrs  
 Children learn the fundamentals and techniques of jump rope competition.

7590.101 Savoy 5:00pm-6:00pm M Tu W Th F Sa

**Drill Team**

Fee: None  
 14 Week Session  
 Sept. 6, 2005 - Dec. 5, 2005  
 Ages: 7yrs to 12yrs  
 Enjoy learning drill skills and preparing for parades.

4632.100 Hine 6:00pm-8:00pm M



**Exercise & Fitness**

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 3, 2005

Ages: 18yrs to 54yrs

Burn calories, tone muscle, and improve cardiovascular fitness and coordination.

4600.102	Douglass	9:00am-11:00am	Sa
4600.103	Congress Heights	9:00am-11:00am	Tu Sa

**Fencing**

Fee: DC Residents: \$100

Non-Residents: \$110

12 Week Session

Oct. 4, 2005 - Dec. 22, 2005

Ages: 15yrs and over

Practice and improve fencing skills in Foil, Epee, and Saber. Private lessons are available; full uniform is required.

Club

7634.103	Chevy Chase CC	7:30pm-9:30pm	Tu W Th
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Class

7634.101	Chevy Chase CC	5:30pm-6:30pm	W
7634.102	Chevy Chase CC	6:30pm-7:30pm	W
7634.100	Chevy Chase CC	5:30pm-6:30pm	Tu
7634.103	Chevy Chase CC	2:00pm-3:30pm	Sa

**Fencing-Junior Epee Class (Beginners)**

Fee: DC Residents: \$100

Non-Residents: \$110

12 Week Session

Oct. 1, 2005 - Dec. 17, 2005

Ages: 8yrs to 12yrs

Learn the art of the sword! Full uniform provided. A \$20 materials fee due to the instructor.

Class

7080.100	Chevy Chase CC	10:00am-11:00am	Sa
7080.101	Chevy Chase CC	11:00am-12:00pm	Sa
7080.102	Chevy Chase CC	12:00pm-1:00pm	Sa

Club

7080.103	Chevy Chase CC	2:00pm-3:30pm	Sa
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**Flag Football**

Fee: None

Children and teens learn different techniques, fundamentals, and the skills necessary to play the sport safely.

Sept. 19, 2005 - Dec. 23, 2005

Ages: 7yrs to 15yrs

7084.150	Fort Stanton	4:30pm-6:30pm	M W F
7084.165	Douglass	5:00pm-6:30pm	M W
7084.167	Edgewood	5:00pm-6:30pm	M W
7084.171	Ferebee Hope	5:30pm-7:30pm	Tu Th

Sept. 7, 2005 - Dec. 3, 2005

Ages: 7yrs to 12yrs

7085.110	Palisades	4:30pm-5:30pm	M W
7085.132	Brentwood	5:00pm-7:00pm	M

Sept. 7, 2005 - Nov. 25, 2005

Ages: 9yrs to 12yrs

7125.100	Harrison	5:00pm-6:30pm	M W F
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Sept. 12, 2005 - Nov. 30, 2005

Ages: 9yrs to 15yrs

7126.100	Marie Reed	4:30pm-6:00pm	M W
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Sept. 12, 2005 - Nov. 30, 2005

Ages: 9yrs to 11yrs

7127.100	Stead	6:00pm-7:00pm	M W
7127.102	Stead	6:00pm-7:00pm	Tu Th

Sept. 20, 2005 - Oct. 27, 2005

Ages: 5yrs to 12yrs

7128.100	Kennedy	5:00pm-7:00pm	Tu Th
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Sept. 6, 2005 - Dec. 3, 2005

Ages: 9yrs to 15yrs

7129.100	Fort Stevens	5:00pm-7:00pm	Tu Th
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Sept. 26, 2005 - Nov. 30, 2005

Ages: 9yrs to 15yrs

7130.100	Sherwood	5:00pm-7:00pm	M Tu W Th F
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Sept. 26, 2005 - Dec. 3, 2005

Ages: 7yrs to 15yrs

7134.154	Benning Park	4:30pm-6:30pm	M W F
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Sept. 19, 2005 - Nov. 14, 2005

Ages: 8yrs to 12yrs

7979.101	Lafayette	4:00pm-5:30pm	M
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**Flag Football: Girls**

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 6yrs to 18yrs

Girls are grouped according to age: 6-8, 9-12, 13-15, and 16-18.

7859.166	Emery	6:30pm-7:30pm	Tu Th
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## Football: Fundamentals Clinic

Fee: None

Ages: 9yrs to 16yrs

Teach children and teens how to increase their speed, strength, agility, and flexibility. The clinic teaches skills that can eventually get a child off the bench and into the game, all while learning teamwork.

7134.150 9:00am-12:00pm

Anacostia Fitness Center

1800 Anacostia Dr., SE



## Ft. Lincoln Franchise (Fantasy League)

Fee: None

16 Week Session

Sept. 16, 2005 - Dec. 30, 2005

Ages: 19yrs and over

Test your skills at managing your fantasy team.

7133.156 Ft. Lincoln 7:00pm-9:00pm F

## Girls Dance Team

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 7yrs to 18yrs

Basic dance movements and creative dance for young ladies.

4520.100 Hine 6:00pm-8:45pm Tu F

## Golf Short Game Clinic

Fee: DC Residents: \$55 Non-Residents: \$70

13 Week Session

Sept. 1, 2005 - Nov. 24, 2005

Ages: 18yrs and over

Come learn from the best how to have your short games. Using our new six hole putting green. This class targets your chipping and putting skill so you will win the pin every time.

7563.100 Hillcrest 1:00pm-3:00pm Tu Th

## Gymnastics

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Oct. 1, 2005 - Dec. 3, 2005

Ages: 7yrs to 12yrs

Learn gymnastic skills including mat work, balance beam, uneven bars, and an introduction to the trampoline.

4501.106	Chevy Chase	11:00am-12:00pm	Sa
4501.107	Chevy Chase	11:00am-12:00pm	Sa
4501.108	Chevy Chase	9:15am-10:00am	Sa
4501.109	Chevy Chase	11:00am-12:00pm	Th
4501.110	Chevy Chase	5:30pm-6:30pm	Tu
4501.111	Chevy Chase	4:30pm-5:30pm	Tu
4501.114	Chevy Chase	4:15pm-5:15pm	M
4501.115	Chevy Chase	3:30pm-4:15pm	M

## Hip Hop Dance

Fee: DC Residents: \$35

Non-Residents: \$50

12 Week Session

Sept. 14, 2005 - Nov. 30, 2005

Ages: 13yrs to 18yrs

4708.101 Takoma 6:00pm-7:00pm W

## Hip-Hop Dancing

Fee: DC Residents: \$50

Non-Residents: \$55

10 Week Session

Sept. 29, 2005 - Dec. 1, 2005

Ages: 6yrs to 13yrs

Get up and move! Youth can enjoy a wonderful workout while learning choreographed dance steps.

4233.101 Chevy Chase CC 5:30pm-6:30pm Th

## Horseshoes

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 3, 2005

Ages: 18yrs and over

Learn the basic fundamentals of throwing horseshoes, including rules, regulations, and safety.

7632.111 Brentwood 4:00pm-7:30pm M W F

## Jujitsu

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 8yrs to 18yrs

Children and teens learn the basic fundamentals, and meditation with certified instructors.

7079.101	Douglass	6:30pm-8:30pm	Th
Sept. 6, 2005 - Dec. 8, 2005			
Ages: 8yrs to 18yrs			
7179.181	Marie Reed	6:30pm-8:30pm	Tu Th

**Karate**

Fee: None  
Learn self-defense, flexibility, strength, and body conditioning.

Sept. 10, 2005 - Dec. 3, 2005

Ages: 6yrs and over

7081.111 Benning 12:00pm-2:00pm Sa

Sept. 6, 2005 - Dec. 3, 2005

Ages: 7yrs and over

7100.120 Ridge Road 12:00pm-2:00pm Tu Th

Sept. 7, 2005 - Dec. 7, 2005

Ages: 6yrs and over

7193.101 Ferebee Hope Rec. 6:00pm-8:30pm M W

**Karate**

Fee: DC Residents: \$150 Non-Residents: \$160

10 Week Session

Sept. 26, 2005 - Dec. 1, 2005

Ages: 5yrs and over

Students learn discipline, self-confidence, and become mentally and physically stronger. The one-hour class includes stretching, basic techniques, kata (forms), and power.

7238.199 Chevy Chase 5:00pm-6:00pm M Th

**Kung Fu**

Fee: DC Residents: \$100 Non-Residents: \$110

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 8yrs and over

Acquire a greater sense of self and conflict resolution precepts by learning self-defense, balance, power, flexibility, and the use of traditional JOW GA KUNG FU.

7113.101 Chevy Chase 7:00pm-9:00pm W  
12:30pm-2:30pm Sa

**Let's Walk**

Fee: None

13 Week Session

Sept. 2, 2004 - Nov. 30, 2004

Ages: 13yrs and over

Come out and enjoy your neighbors while participating in a brisk walk that improves mobility and health.

4524.103 Watts Branch 7:00pm-8:00pm Tu Th

**Mixed Martial Arts**

Fee: None

14 Week Session

Sept. 16, 2005 - Dec. 3, 2005

Ages: 6yrs and over

Learn from the masters how to use a blend of judo Boxing and Brazilian Jujitsu. From basic self-defense to skills used by ultimate fighting champions, these techniques heighten mental and physical abilities.

7000.110 Fort Stanton 5:30pm-7:00pm Sa

**Morning Workout**

Fee: DC Residents: \$75 Non-Residents: \$90

12 Week Session

Sept. 12, 2005 - Nov. 30, 2005

Ages: 18yrs and over

This traditional aerobics class will burn calories, tone muscle and improve cardiovascular fitness and coordination.

4700.104 Hillcrest 10:30am-11:30am Tu Th

4700.110 Takoma 10:00am-11:00am M W

**Olympic Style Tae Kwon Do**

Fee: DC Residents: \$25 Non-Residents: \$35

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 6yrs and over

Learn this Olympic Sport and build flexibility, agility, strength, and coordination.

7000.103 Emery 5:00pm-7:00pm Tu Th

7000.104 North Michigan Park 5:15pm-7:00pm Tu Th

7000.105 Langdon Park 5:30pm-7:00pm M F

**"On the Ball" Bootcamp**

Fee: DC Residents: \$60 Non-Residents: \$75

10 Week Session

Sept. 26, 2005 - Dec. 3, 2005

Ages: 16yrs and over

This aerobic class burns calories, tones muscles, and improves cardiovascular fitness and coordination through conditioning and body weight activities such as squats, lunges, and pushups on or with a stability ball, Tailored for all fitness levels.

4500.166 North Michigan Park 7:00pm-7:55pm Tu Th





## Pilates

Fee: DC Residents: \$75 Non-Residents: \$90  
Gain flexibility, balance, muscular strength and relaxation through movement and breathing exercises. Build abdominal and core strength while elongating your muscles.  
Sept. 26, 2005 - Dec. 10, 2005  
Ages: 16yrs and over

4262.102	Takoma	7:00pm-8:00pm	Th
4714.101	Takoma	10:30am-11:30am	Sa

## Pilates: Advanced

Fee: DC Residents: \$150 Non-Residents: \$160  
Sept. 26, 2005 - Nov. 29, 2005  
Ages: 18yrs and over  
Advanced level course that engages students in exercises designed to strengthen and stretch muscles, slim thighs, correct bad posture, elongate muscles, and realign the body.

4513.114	Guy Mason	7:30pm-8:30pm	Tu
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## Pilates: Beginner

Fee: DC Residents: \$150 Non-Residents: \$160  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 18yrs and over  
Interested in learning more about Pilates? Sign up for this beginner class. Learn how to condition your body by doing exercises that provide a connection between the body and the mind.

4526.103	Chevy Chase CC	9:00am-10:00am	W
4526.101	Chevy Chase CC	7:00pm-8:00pm	M
4528.102	Guy Mason	7:30pm-8:30pm	W

## Pilates: Intermediate

Fee: DC Residents: \$150 Non-Residents: \$160  
Sept. 28, 2005 - Nov. 30, 2005  
Ages: 18yrs and over  
Ready to move to the next level? An intermediate level class for adults who are interested in more intensive body conditioning and exercise.

4513.115	Guy Mason	6:30pm-7:30pm	W
4526.102	Chevy Chase CC	8:00pm-9:00pm	M

## Pilates: Intermediate II

Fee: DC Residents: \$150 Non-Residents: \$160  
Sept. 26, 2005 - Nov. 29, 2005  
Ages: 18yrs and over  
Provides an even more intense approach to body conditioning and exercise.

4513.113	Guy Mason	6:30pm-7:30pm	Tu
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## Pom - Pon Practice

Fee: None  
Girls and boys work together as a team to create dance routines, as well as participate in competition against other teams of the same age.

Sept. 6, 2005 - Dec. 3, 2005			
Ages: 7yrs to 18yrs			
7173.101	Hine	6:00pm-8:00pm	Tu Th
Sept. 6, 2005 - Dec. 3, 2005			
Ages: 3yrs to 10yrs			
7201.101	Hart	5:00pm-6:30pm	F
Sept. 6, 2005 - Nov. 30, 2005			
Ages: 4yrs to 10yrs			
7045.101	Bald Eagle	5:00pm-6:30pm	F
Sept. 6 2005 - Dec. 3, 2005			
Ages: 6yrs to 13yrs			
7420.101	Langdon	5:00pm-6:30pm	M Tu Th F
Sept. 7, 2005 - Dec. 9, 2005			
Ages: 6yrs to 13yrs			
7510.101	Hart	4:30pm-6:00pm	M W F
Sept. 7, 2005 - Dec. 9, 2005			
Ages: 8yrs to 13 yrs			
7955.199	Macomb	3:30pm-5:30pm	W F
Sept. 9, 2005 - Dec. 9, 2005			
Ages: Up to 10yrs			
7138.101	Kenilworth-Parkside	5:00pm-6:30pm	F
Sept. 16, 2005 - Dec. 16, 2005			
Ages: 3yrs to 10yrs			
7273.101	Savoy	5:00pm-6:30pm	F
Sept. 16, 2005 - Dec. 3, 2005			
Ages: 6yrs to 13yrs			
8585.303	Lafayette	3:30pm-5:00pm	M W

## Qi Gong

Fee: DC Residents: \$100 Non-Residents: \$110  
10 Week Session  
Sept. 27, 2005 - Dec. 2, 2005  
Ages: 18yrs and over  
Ancient Chinese Art relieves stress and back pain while increasing flexibility and energy. Students learn breathing, visualization, and graceful movements that are fun and relaxing.

4532.102	Chevy ChaseCC	9:00am-10:00am	Tu F
Intermediate Class			
4532.156	Chevy Chase CC	10:00am-11:00am	Tu F

**Qi Gong**

Fee: DC Residents: \$50 Non-Residents: \$55  
 10 Week Session  
 Sept. 27, 2005 - Dec. 2, 2005  
 Ages: 18yrs and over  
 4532.106 Guy Mason 10:00am-11:00am Th

**Rugby: Adult Women**

Fee: None  
 10 Week Session  
 Sept. 20, 2005 - Nov. 30, 2005  
 Ages: 30yrs and over  
 Learn the game through practice and game play.  
 7575.120 Stoddert 5:00pm-6:30pm Tu Th

**Slimnastics**

Fee: DC Residents: \$95 Non-Residents: \$100  
 10 Week Session  
 Sept. 26, 2005 - Nov. 30, 2005  
 Ages: 18yrs and over  
 A total body workout with strength, flexibility, posture, breathing, and aerobic improvement.

4538.101 Chevy Chase CC 6:00pm-7:00pm M W  
 4538.102 Chevy Chase CC 9:00am-10:00am Tu Th  
 4538.103 Chevy Chase CC 7:00pm-8:00pm M W

**Soccer**

Fee: None  
 10 Week Session  
 Sept. 12, 2005 - Nov. 17, 2005  
 Ages: 6yrs to 15yrs  
 Learn the fundamentals and technique of the game in a fun and organized environment.

7078.100 Ridge Road 5:00pm-6:30pm Tu Th  
 7078.103 Kenilworth-Parkside 5:00pm-6:30pm Tu Th  
 7078.104 Savoy 5:00pm-6:30pm Tu Th  
 7078.105 Fort Davis 6:00pm-8:00pm M W Th F  
 7078.106 Benning Park 5:00pm-7:00pm M Tu W Th  
 7078.110 Fort Stanton 5:00pm-6:30pm Tu Th  
 7078.111 Bald Eagle 5:00pm-6:30pm Tu Th  
 7078.112 Palisades 4:00pm-5:00pm Tu Th  
 7078.113 Sherwood 5:00pm-7:00pm Tu Th  
 7078.114 Langdon 5:00pm-7:00pm F  
 7078.115 Hardy 4:00pm-6:00pm M W F  
 7078.116 Raymond 4:30pm-7:30pm Th  
 7078.117 Rudolph 5:00pm-6:00pm Tu Th  
 7078.118 North Michigan Park 4:30pm-6:00pm M  
 7078.119 Payne 5:00pm-6:00pm F  
 7078.120 Hamilton 5:00pm-6:00pm MTuWThFSa  
 7078.121 Chevy Chase CC 4:00pm-5:00pm Tu Th  
 7078.122 Hearst 10:00am-12:00pm Sa  
 7078.124 Raymond 5:00pm-6:00pm Tu  
 7078.125 Hearst 4:00pm-6:00pm M Tu W Th F

7078.130 Parkview 5:30pm-7:30pm M Tu W Th F  
 7078.131 Edgewood 4:30pm-6:00pm Tu W Th  
 7078.135 Kalorama 5:00pm-7:30pm W Sa  
 7150.111 Takoma 6:00pm-8:00pm M Tu W Th

**Soccer**

Fee: None  
 12 Week Session  
 Sept. 12, 2005 - Dec. 3, 2005  
 Ages: Up to 12yrs  
 Participants play full court pick-up games or generate leagues to compete citywide.

7552.126 Brentwood 5:00pm-7:00pm Tu Th Sa

14 Week Session  
 Sept. 7, 2005 - Dec. 3, 2005  
 Ages: 6yrs to 10yrs

7561.102 Ferebee Hope 4:45pm-6:00pm M W

10 Week Session  
 Sept. 26, 2005 - Nov. 30, 2005  
 Ages: 6yrs to 12yrs

7878.101 Lafayette 4:00pm-5:30pm F  
 7878.102 Lafayette 4:00pm-5:30pm Tu Th  
 7878.103 Lafayette 9:30am-12:30pm Sa  
 7878.104 Lafayette 5:30pm-7:00pm W

**Soccer: Coed**

Fee: None  
 14 Week Session  
 Sept. 6, 2005 - Dec. 1, 2005  
 Ages: 9yrs to 10yrs  
 Children learn basic techniques, good sportsmanship, teamwork, and competitive gamesmanship.

7078.126 Harrison 4:30pm-6:00pm Tu Th  
 7078.127 Marie Reed 4:30pm-5:30pm Tu Th  
 7078.128 Stead 5:00pm-6:00pm Tu Th  
 7078.129 Kennedy 5:00pm-7:00pm F



### Soccer: Girls

Fee: None

12 Week Session

Sept. 9, 2005 - Nov. 30, 2005

Ages: 4yrs to 10yrs

Young girls learn the fundamentals and techniques of the game and prepare for competition.

7078.123 Hearst 4:30pm-5:30pm M F

### Soccer: Indoor

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 3, 2005

Ages: 8yrs to 10yrs

Learn basic skills for soccer play, including dribbling, passing, shooting, scoring, and developing offensive and defensive techniques.

7094.103 Hardy 4:15pm-5:30pm M W

7094.106 Hardy 5:45pm-6:45pm M W

### Soccer: Intermediate

Fee: None

12 Week Session

Sept. 19, 2005 - Dec. 3, 2005

Ages: 9yrs to 10yrs

Teaches and enhances basic soccer skills indoors.

7094.104 Hardy 5:45pm-6:45pm M W

7094.105 Hine 6:00pm-7:00pm W

### Softball: Girls

Fee: None

Sept. 12, 2005 - Nov. 14, 2005

Ages: 8yrs to 15yrs

Young girls master the skills necessary for team play.

8181.303 Lafayette 5:30pm-7:00pm M

### Tackle Football

Fee: None

19 Week Session

Aug. 2, 2005 - Dec. 10, 2005

Ages: 8yrs to 15yrs

Children and teens learn techniques, fundamentals, skills necessary to play the sport safely, and competitive gamesmanship.

7084.166 Edgewood 5:00pm-8:00pm M Tu W Th F

### Tackle Football

Fee: DC Residents: \$100

Non-Residents: \$150

16 Week Session

Aug. 15, 2005 - Dec. 3, 2005

Ages: 8yrs to 15yrs

The safe technique of tackling is learned. Participants also learn skills such as passing, punting, catching, throwing, kicking, and other offensive/defensive formations.

7085.112 Taft 6:00pm-8:00pm M Tu W Th F Sa

### Tackle Football DCYFL

Fee: None

19 Week Session

Aug. 3, 2005 - Dec. 11, 2005

Ages: 8yrs to 15yrs

Participants learn techniques, fundamentals, skills necessary to play, the sport safely, and competitive gamesmanship.

7133.101 CC Playground 4:00pm-8:00pm M Tu W Th F

7133.103 Hart 4:00pm-8:00pm M Tu W Th F

7133.105 Hamilton 4:00pm-8:00pm M Tu W Th F

7133.106 Hearst 4:00pm-8:00pm M Tu W Th F

7133.107 Kenilworth-Parkside 4:00pm-8:00pm M Tu W Th F

7133.109 Lamond 4:00pm-8:00pm M Tu W Th F

7133.110 North Michigan Park 4:00pm-8:00pm M Tu W Th F

7133.112 Ramond 4:00pm-8:00pm M Tu W Th F

7133.113 Riggs LaSalle 4:00pm-8:00pm M Tu W Th F

7133.114 River Terrace 4:00pm-8:00pm M Tu W Th F

7133.115 Rosedale 4:00pm-8:00pm M Tu W Th F

7133.116 Savoy 4:00pm-8:00pm M Tu W Th F

7133.117 Emery 4:00pm-8:00pm M Tu W Th F

7133.119 Takoma 4:00pm-8:00pm M Tu W Th F

7133.121 Benning Stoddert 4:00pm-8:00pm M Tu W Th F

7133.122 Ridge Road 4:00pm-8:00pm M Tu W Th F

7133.123 Watkins 4:00pm-8:00pm M Tu W Th F

7133.124 Edgewood 4:00pm-8:00pm M Tu W Th F

7133.125 Taft 4:00pm-8:00pm M Tu W Th F

7133.111 Lafayette 4:00pm-8:00pm M Tu W Th F

7917.100 Bald Eagle 4:00pm-8:00pm M Tu W Th F

### Tae Kwon Do

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 6yrs to 13yrs

Develop self-defense skills with lessons for beginners and belts for all levels.

7259.101 King Greenleaf 6:30pm-8:00pm F

### Tae Kwon Do

Fee: DC Residents: \$25 Non-Residents: \$35

13 Week Session

Sept. 12, 2005 - Dec. 7, 2005

Ages: 6yrs and over

7010.105 Brentwood 6:00pm-7:00pm M W

**Tee Ball**

Fee: None

Sept. 8, 2005 - Nov. 19, 2005

Ages: 5yrs to 8yrs

Children learn the proper techniques for throwing, catching, hitting, and running the bases as they practice for advancement to Little League baseball.

7136.105	Hearst	4:30pm-5:00pm	W Th F
7136.106	Kenilworth-Parkside	4:30pm-5:00pm	W Th F
7136.107	Emery	4:30pm-5:00pm	W Th F
7136.108	Savoy	6:00pm-8:00pm	Tu Th

Sept. 10, 2005 - Nov. 26, 2005

Ages: 3yrs to 6yrs

7985.101	Chevy Chase	10:00am-11:00am	Sa
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**Tennis**

Fee: None

Tennis instruction for individuals or groups to learn or improve their serve, forehand, and game etiquette.

Sept. 6, 2005 - Dec. 8, 2005

Ages: 5yrs to 13yrs

7093.121	Fort Lincoln	4:00pm-6:00pm	M Tu W Th
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Sept. 10, 2005 - Dec. 10, 2005

Ages: 6yrs to 20yrs

7186.101	Arboretum	10:00am-12:00pm	Sa
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Sept. 10, 2005 - Nov. 30, 2005

Ages: 6yrs to 20yrs

796.101	Hardy	6:45pm-8:45pm	M Tu W Th
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Sept. 3, 2004 - Nov. 26, 2004

Ages: 13yrs to 15yrs

7140.103	Hardy	5:00pm-6:30pm	F
7140.104	King Greenleaf	4:00pm-6:00pm	M Tu W Th
7140.107	Hardy	5:00pm-6:00pm	W
7140.108	King Greenleaf	4:00pm-6:00pm	F

**Tennis Clinic for Tiny Tots**

Fee: DC Residents: \$40 Non-Residents: \$50

13 Week Session

Sept. 17, 2005 - Dec. 10, 2005

Ages: 3yrs to 5yrs

Basic tennis fundamentals and fun and games.

7021.125	SETLC	11:00am-12:00pm	Sa
7021.126	SETLC	1:00pm-2:00pm	Th Sa

**Tennis for Adults**

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 18yrs to 80yrs

Enjoy learning and improving your serve, fore hand and tennis game etiquette.

7776.100	Takoma	6:00pm-8:00pm	Tu Th
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**Tennis for Adults: Advanced Beginners**

Fee: DC Residents: \$50

Non-Residents: \$60

5 Week Session

Sep 10 2005 - Oct 08 2005

Ages: 18yrs and over

Drills and skills clinics stressing correct stroke production and competitive play.

7023.114	SETLC	10:00am-11:00am	Sa
7023.120	SETLC	9:00am-10:00am	Sa

**Tennis for Adults - Beginners**

Fee: DC Residents: \$100

Non-Residents: \$120

10 Week Session

Sept. 19, 2005 - Nov. 23, 2005

Ages: 18yrs and over

Learn basic tennis skills, stroke technique and court awareness in a fun atmosphere.

7023.121	SETLC	7:00pm-8:00pm	M W
7023.122	SETLC	7:00pm-8:00pm	M
7023.123	SETLC	7:00pm-8:00pm	Tu
7023.124	SETLC1	10:00am-11:00am	Sa
7023.125	SETLC	9:00am-10:00am	Sa

**Tennis for Adults: Intermediate Clinic II**

Fee: DC Residents: \$100

Non-Residents: \$150

10 Week Session

Sept. 13, 2005 - Nov. 17, 2005

Ages: 18yrs and over

Drills and skills clinics stressing correct stroke production and competitive play.

7021.134	SETLC	7:00pm-8:00pm	Tu Th
7021.135	SETLC	7:00pm-8:00pm	M W
7021.136	SETLC	8:00pm-9:00pm	M W
7021.119	SETLC	7:00pm-8:00pm	Tu Th



## Tennis Children

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 9, 2005

Ages: 5yrs to 12yrs

Learn the basic skills, strategies, rules, and court etiquette.

7191.101 Hardy 4:00pm-6:00pm M W F

## Tennis: Double Mixer Clinic

Fee: DC Residents: \$100 Non-Residents: \$125

10 Week Session

Sept. 13, 2005 - Nov. 17, 2005

Ages: 18yrs to 99yrs

Doubles oriented strategy and competitive drills.

7021.116 SETLC 8:00pm-9:00pm Tu Th

## Tennis: Junior Advanced Clinic

Fee: DC Residents: \$100 Non-Residents: \$125

12 Week Session

Sept. 12, 2005 - Dec. 2, 2005

Ages: 11yrs to 17yrs

Advanced strokes, strategy, skills, drills competition with intensity.

7023.100 SETLC 4:30pm-6:00pm M Tu W Th F

7023.104 SETLC 4:30pm-6:00pm M Tu W Th F

## Tennis - Junior Beginning Clinics II

Fee: DC Residents: \$50 Non-Residents: \$60

13 Week Session

Sept. 13, 2005 - Dec. 8, 2005

Ages: 6yrs to 17yrs

Beginner's strokes to include forehands, backhands, volleys, serves, return of serves, conditioning, drills, sprints, and competition.

7021.100 SETLC 6:00pm-7:00pm Tu Th

7021.110 SETLC 6:00pm-7:00pm M W

## Tennis: Junior Clinic

Fee: DC Residents: \$50 Non-Residents: \$60

13 Week Session

Sept. 17, 2005 - Dec. 10, 2005

Ages: 6yrs to 17yrs

Drill sessions stressing correct stroke production, competitive situations and supervised play.

7021.150 SETLC 1:00pm-2:00pm Sa

7021.151 SETLC 2:00pm-3:00pm Sa

7021.111 SETLC 9:00am-10:00am M



## Tennis: Junior Intermediate Clinic

Fee: DC Residents: \$100 Non-Residents: \$115

13 Week Session

Sept. 12, 2005 - Dec. 9, 2005

Ages: 7yrs to 14yrs

More advanced strokes, forehands, backhands, volleys, overheads, serves, return of serves, and competition.

7023.105 SETLC 4:30pm-6:00pm M Tu W Th F

## Tennis Stroke of the Week

Fee: DC Residents: \$10 Non-Residents: \$10

14 Week Session

Sept. 14, 2005 - Dec. 14, 2005

Ages: 18yrs and over

Learn and practice every aspect of each stroke. Covers forehands, backhand, volleys, serves.

7111.101 SETLC 7:00pm-8:30pm W



**Volleyball**

Fee: None

Participants learn and practice the fundamentals of volleyball.

Sept. 5, 2005 - Dec. 7, 2005

Ages: 5yrs to 12yrs

7859.135 Emery 5:30pm-6:30pm M W

Sept. 12, 2005 - Dec. 5, 2005

Ages: 30yrs and over

7952.149 Brentwood 5:00pm-7:00pm M

Sept. 5, 2005 - Dec. 7, 2005

Ages: 13yrs to 15yrs (Boys only)

7859.175 Emery 6:30pm-7:30pm M W

7859.155 Emery 6:30pm-7:30pm M W

Sept. 9, 2005 - Nov. 18, 2005

Ages: 7yrs to 14yrs (Girls only)

7073.105 Palisades 4:00pm-5:00pm F

**Walking for Fitness Phase II**

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 18yrs to 54yrs

Enjoy a low impact walking program: stretch and tone muscles with slow paced exercises.

4650.121 Joseph H. Cole 7:00pm-8:00pm Tu Th

**Weight lifting**

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 9, 2005

Ages: 18yrs to 54yrs

Build strength and muscle tone by engaging in proper weight lifting exercises.

4600.121 Parkview 6:30pm-8:30pm M Tu W Th F

**Weight Training** Year Round

Fee Chart:

	Individuals		Family (per person)		Seniors (55 & over)	
	DC. Res:	Non-Res:	DC. Res:	Non-Res:	DC. Res:	Non-Res:
Daily:	\$5	\$7	\$4	\$6	\$3	\$5
Monthly:	\$25	\$32	\$16	\$23	\$12	\$19
3 Months:	\$60	\$75	\$40	\$55	\$30	\$45
Yearly:	\$125	\$150	\$100	\$125	\$75	\$100

Ages: 18yrs and over

\*All District Government employees receive a 50% discount off a yearly membership (\$62.50)

2500.506	Anacostia	9:00am-9:00am 9:00am - 2:00pm	M Tu W Th F Sa
2500.507	Emery	10:00am-8:30pm	M Tu W Th F
2500.508	Hillcrest	10:00am-8:30pm	M Tu W Th F
2500.509	Kennedy	10:00am-8:30pm	M Tu W Th F
2500.510	King	10:00am-8:30pm	M Tu W Th F
2500.512	Sherwood	10:00am-8:30pm	M Tu W Th F
2500.513	Takoma	10:00am-9:00pm	M Tu W Th F
2500.514	North Michigan Park	10:00am-8:30pm	M Tu W Th F

**Yoga**

Fee: DC Residents: \$65

Non-Residents: \$80

Sept. 26, 2005 - Dec. 10, 2005

Ages: 18yrs and over

Gain flexibility, balance, muscular strength, and relaxation through movement and breathing exercises. Experience how yoga can relax your mind and enhance your concentration.

4262.101	Takoma	6:30pm-7:30pm	Tu
4501.103	Emery	7:00pm-8:00pm	Tu
4562.103	Brentwood	7:30pm-8:30pm	Th
4570.101	Hillcrest	6:00pm-7:00pm	M W

**Yoga**

Fee: DC Residents: \$70

Non-Residents: \$75

Sept. 26, 2005 - Nov. 28, 2005

4510.119	Guy Mason	6:15pm-7:15pm	M
4549.101	Guy Mason	6:00pm-7:00pm	Tu
4510.121	Guy Mason	5:00pm-6:00pm	W

Fee: DC Residents: \$100

Non-Residents: \$110

4510.120	Guy Mason	9:15am-10:45am	Tu
4510.122	Guy Mason	9:15am-10:45am	F

**Yoga**

Fee: None

Sept. 14, 2005 - Nov. 30, 2005

Ages: 15yrs and over

4600.106	Sherwood	6:30pm-8:00pm	W
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The Senior Services Branch offers programs designed to promote the emotional, social, and physical well-being of older adults. The Branch plans activities, field trips, and other outings to exciting places. Activities and programs include health screenings, golfing, arts and crafts, Bingo, performing arts, literary appreciation, sports and fitness, and a host of other fun and enriching events.

## Aerobics

Fee: DC Residents: \$50 Non-Residents: \$65

12 Week Session

Sept. 26, 2005 - Dec. 10, 2005

Ages: 55yrs and over

Taught by a certified fitness instructor, this class is designed for active adults who want to get in shape and stay in shape. This class will be given one month to reach its minimum capacity.

Min/Max: 8/20

8029.107	Theodore Hagan	1:00pm-2:00pm	M Th
8029.108	Kennedy	9:30am-10:30am	M Th
8029.109	Edgewood	12:00pm-1:00pm	Tu Th
8029.110	King Greenleaf	10:00am-11:00pm	Tu Th
8029.111	Sherwood	11:00am-12:00pm	M W
8029.112	Hillcrest	10:30am-11:30am	M W
8029.113	Emery	10:00am-11:00am	Tu W
8029.114	Fort Davis	11:00am-12:00pm	Tu Th
8029.115	Kenilworth-Parkside	10:30am-11:30am	M W
8029.116	North Michigan Park	9:15am-10:15am	M W



## Blood Pressure Check

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 55yrs and over

Come and get your blood pressure checked and learn healthy ways to keep it under control.

8027.501	King Greenleaf	1:00pm-12:00pm	M
8027.502	Kenilworth-Parkside	10:00am-11:00am	Tu Th

## Board and Card Games

Fee: None

Ages: 55yrs and over

Spend time with your friends and neighbors playing pokeno, pinochle, bid whist, scrabble, billiards, mahjongg, mancala, and/or Bingo.

Sept. 6, 2005 - Dec. 8, 2005

8044.101	Fort Davis	10:30am-4:30pm	M Tu W Th
8044.102	Hillcrest	10:00am-9:00pm	M Tu W Th F
8044.504	Fort Stevens	11:00am-12:00pm	M Tu W Th F
8044.505	Edgewood	1:00pm-6:00pm	M Tu W Th F
8044.506	Kennedy	12:00pm-7:00pm	M Tu W Th F
8044.507	Sherwood	1:30pm-4:30pm	M
8044.508	Sherwood	3:30pm-4:30pm	Tu W
8044.509	Emery	10:00am-6:00pm	M Tu W Th F

Sept. 6, 2005 - Dec. 9, 2005

8041.101	Fort Davis	4:00pm-7:00pm	Tu Th F
8041.503	Fort Stevens	1:00pm-7:00pm	M Tu W Th F
8041.504	Fort Stevens	1:00pm-9:00pm	Tu Th
8044.103	King Greenleaf	11:00am-2:00pm	M Tu W Th F

Sept. 7, 2005 - Dec. 9, 2005

8041.102	Kenilworth-Parkside	4:00pm-5:00pm	W F
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Sept. 8, 2005 - Dec. 8, 2005

8043.101	North Michigan Park	11:00am-3:00pm	Th
8049.103	Sherwood	4:00pm-6:00pm	Th

Sept. 9, 2005 - Dec. 5, 2005

8040.503	Fort Stevens	1:00pm-3:00pm	M F
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Sept. 9, 2005 - Dec. 9, 2005

8040.101	Fort Davis	4:30pm-7:00pm	W F
8049.501	Kenilworth-Parkside	1:30pm-3:00pm	F
8049.502	Fort Davis	4:30pm-7:00pm	W
8040.102	Sherwood	4:30pm-6:00pm	M

Sept. 12, 2005 - Dec. 5, 2005

8042.501	Theodore Hagan	3:00pm-6:45pm	M
8045.501	Fort Davis	4:30pm-7:00pm	M
8045.502	Edgewood	1:00pm-6:00pm	M Tu W Th F
8043.502	Fort Davis	2:30pm-4:00pm	M Th
8047.101	North Michigan Park	1:00pm-3:00pm	M

## Book Buddies

Fee: None

10 Week Session

Sept. 7, 2005 - Nov. 9, 2005

Ages: 55yrs and over

Enjoy spirited discussions on books selected by you and your peers.

8050.101	Fort Stevens	11:00am-1:00pm	W
8050.103	Fort Davis	1:00pm-2:00pm	M W
8050.102	Kenilworth-Parkside	11:00am-12:00pm	W



## Bowling

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Have lots of fun while you learn the rules and techniques of the sport.

8052.501	Fort Stevens	10:30am-12:00pm	Th
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## Bridge

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Accept the challenge and learn to play one of the world's most intriguing card games.

8046.501	Fort Stevens	1:00pm-4:00pm	M W F
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## Ceramics

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 55yrs and over

Learn how to paint and glaze to produce beautiful works of art.

8006.101	Kenilworth-Parkside	1:30pm-5:00pm	M
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8006.102	Fort Stevens	10:00am-2:00pm	Tu
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## Chair Exercise

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Learn the benefits to the body by using a chair to exercise.

8037.101	Fort Davis	11:00am-12:00pm	Tu Th
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## Chess

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 7, 2005

Ages: 55yrs and over

Learn the rules, fundamentals, and strategical moves.

8039.501	Fort Stevens	11:00am-12:30pm	W
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## Cloth Doll-Making

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 55yrs and over

Design and create your very own cloth dolls.

8057.501	Theodore Hagan	11:00am-1:00pm	Tu
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## Computer Basics

Fee: None

13 Week Session

Ages: 55yrs and over

Learn how to use the computer to create, edit, save, and print documents. Have fun learning how to use the Internet.

Sept. 8, 2005 - Dec. 1, 2005

8022.101	Fort Davis	11:00am-12:00pm	M Th
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8022.102	North Michigan Park	6:00pm-7:00pm	W
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8022.103	Emery	1:00pm-2:30pm	M W F
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Sept. 12, 2005 - Dec. 5, 2005

8019.101	Brentwood	11:00am-1:00pm	M
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Sept. 12, 2005 - Dec. 5, 2005

8021.103	Sherwood	1:30pm-3:30pm	Th
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## Cooking

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 55yrs and over

Create culinary treats and share special recipes.

8011.101	Sherwood	1:30pm-3:30pm	Tu
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8011.102	Sherwood	4:30pm-6:30pm	Th
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8011.103	Kennedy	12:00pm-2:00pm	M
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## Creative Arts

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Paint to the soothing sounds of music.

8016.101	Fort Davis	12:00pm-1:30pm	F
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## Creative Arts

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Express your creativity through drawing, painting, ceramics, and photography. Students will host an art show at the end of the season.

8008.101    Brentwood    10:00am-11:30am    Th

## Crocheting

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Learn basic skills and complete simple to advanced projects such as ponchos, lap blankets, scarves, hats, mittens, and slippers.

8005.101    King Greenleaf    1:00pm-2:00pm    M Tu Th

8005.102    Edgewood    1:00pm-5:00pm    M

8005.106    Theodore Hagan    1:00pm-4:00pm    Tu

8005.107    Theodore Hagan    10:30am-1:00pm    W

8005.108    Theodore Hagan    4:00pm-6:45pm    Th

8005.109    Kennedy    11:00am-12:30pm    Tu Th

## Cultural Philosophy

Fee: None

13 Week Session

Sept. 12, 2005 - Dec. 5, 2005

Ages: 55yrs and over

Discuss thought-provoking topics in philosophy and spirituality.

8002.104    Kennedy    10:30am-11:30am    M

8002.105    King Greenleaf    10:30am-11:30am    W

14 Week Session

Sept. 7, 2005 - Dec. 7, 2005

8002.501    Emery    10:00am-11:30am    W

8002.502    Kenilworth-Parkside    1:30pm-3:00pm    Tu

8002.503    Fort Stevens    1:30pm-3:00pm    F

## Digital Photography

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 55yrs and over

Join this exciting workshop that introduces participants to the world of digital photography. Learn to use a digital camera and how to print and preserve photography using a computer.

8053.101    Sherwood    4:30pm-6:30pm    Tu

## Floor Stretching/Abdominal Exercise

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Tone and strengthen with safe and simple exercises.

8031.501    Fort Stevens    11:30am-12:00pm    M Th

## Gardening Club

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Learn basic techniques and tips, as well as creative ways to improve the environment.

8058.101    Brentwood    11:00am-12:00pm    Th

## Hand Dancing

Fee: DC Residents: \$84

Non-Residents: \$84

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Enjoy swinging to the beat? Come out and enjoy the art and different styles of hand dancing.

8000.101    Fort Stevens    7:00pm-9:00pm    Tu Th



## Healthy Eating

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Learn about the new food pyramid and how to prepare nutritious meals that promote a healthy lifestyle.

8026.101 Brentwood 12:00pm-2:00pm Th

## Jewelry Making

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Express your creativity and imagination through the art of jewelry making. Learn to make wearable items from various materials such as wood, glass beads, ceramics, leather, and other mixed media items.

8014.101 Sherwood 11:30am-1:30pm M W F

## Line Dancing

Fee: None

17 Week Session

Ages: 55yrs and over

Learn the basic steps and techniques to the latest line dances.

Sept. 6, 2005 - Dec. 27, 2005

8001.102 Brentwood 1:00pm-2:00pm Tu  
8001.103 Hillcrest 1:00pm-2:00pm Tu Th  
8001.104 Kenilworth-Parkside 11:00am-11:30am W F  
8001.105 Edgewood 2:00pm-4:00pm W

Sept 7, 2005 - Dec. 7, 2005

8001.506 Fort Stevens 10:30am-12:00pm W  
8001.507 North Michigan Park 1:00pm-3:15pm Th

## Microsoft Word Introduction

Fee: DC Residents: \$24 Non-Residents: \$24

Two 6 Week Sessions

Ages: 55yrs and over

Learn to create business and calling cards, letterhead, and fliers.

Aug. 29, 2005 - Oct. 3, 2005

8020.101 Fort Stevens 10:30am-12:00pm M Tu W Th

Oct. 17, 2005 - Dec. 1, 2005

8020.101 Fort Stevens 10:30am-12:00pm M Tu W Th

## Painting and Drawing

Fee: None

14 Week Session

Ages: 55yrs and over

Learn to draw and paint anything you can imagine.

Sept. 6, 2005 - Dec. 6, 2005

8010.102 Ft. Davis Tu

Sept. 7, 2005 - Dec. 7, 2005

8010.101 King Greenleaf 1:00pm-2:30pm W

Sept. 7, 2005 - Dec. 7, 2005

8007.101 Kenilworth-Parkside 11:00am-3:00pm W

Sept. 12, 2005 - Dec. 5, 2005

Ages: 55yrs and over

8017.101 Edgewood 10:30am-3:00pm M

Sept. 12, 2005 - Dec. 15, 2005

8013.101 Kenilworth-Parkside 1:00pm-2:00pm M Tu Th

## Paper Mache'

Fee: None

14 Week Session

Sept. 8, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Learn how to mold shredded paper and use glue and paste to create a work of art.

8015.101 Sherwood 11:30am-1:30pm Th

## Personal Training

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 55yrs and over

A personal trainer designs effective exercise programs that are tailored to meet the needs of senior clients and helps them reach their fitness goals.

8035.501 Kenilworth-Parkside 10:00am-11:00am Tu Th

8035.502 Fort Stevens 12:30pm-2:15pm Tu Th

## Plastic Canvas

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Learn the art of working with plastic canvas to create household items and gifts.

8018.101 Kennedy 1:30pm-2:30pm M W F

8018.102 Theodore Hagan 11:00am-2:00pm Th

## Poetry

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Recite your original poetry or share a favorite poet's work with your peers.

8059.101	Brentwood	11:00am-1:00pm	F
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## Quilting

Fee: None

13 Week Session

Sept. 13, 2005 - Dec. 6, 2005

Ages: 55yrs and over

Create a personal work of art that tells your story.

8004.101	Theodore Hagan	11:00am-4:00pm	Tu
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8004.103	Theodore Hagan	10:30am-2:00pm	W
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## Reminiscence Writing

Fee: None

14 Week Session

Ages: 55yrs and over

Jot down your thoughts about the "good old days" in your journal and share "remember when" group fun.

Sept. 7, 2005 - Dec. 7, 2005

8051.101	Fort Davis	3:00pm-4:00pm	W
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8051.102	Kennedy	1:30pm-3:00pm	Th
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Sept. 7, 2005 - Dec. 7, 2005

8060.101	Theodore Hagan	3:00pm-6:45pm	W
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## Scrap Booking

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 6, 2005

Ages: 55yrs and over

Learn how to make beautiful memory albums with your most precious picture collections.

8012.101	Sherwood	11:30am-1:30pm	Tu
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## Seasonal Crafts

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Use your imagination to create gift items for family and friends.

8009.101	Kennedy	11:00am-1:00pm	F
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## Sewing Circle

Fee: none

14 Week Session

Ages: 55yrs and over

Gather to learn the basics of the craft and produce a fabulous outfit.

Sept. 8, 2005 - Dec. 8, 2005

8003.101	Hillcrest	1:00pm-2:00pm	Th
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8003.103	Kenilworth Parkside	2:30pm-4:00pm	Tu
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8003.104	King Greenleaf	1:00pm-2:30pm	Th
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8003.105	Brentwood	10:00am-12:00pm	M
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Sept. 7, 2005 - Dec. 8, 2005

8003.502	Fort Stevens	1:00pm-3:00pm	W Th
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## Shallow Water Aerobics Class

Fee: DC Residents: \$25      Non- Residents: \$50

Length: 4 Week Session

Ages: 55yrs and over

Min/Max: 20/40

Provides a year-round opportunity for seniors to socialize while they get the cardiovascular workout they need to stay healthy and vibrant.

Participants learn ways to increase their energy. Come and join the fun!

On-line registration is required.

Sept. 6, 2005 - Sept. 28, 2005

2521.170	Takoma Pool	10:00am-10:50am	Tu W
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Oct. 4, 2005 - Oct. 26, 2005

2525.171	Takoma Pool	10:00am-10:50am	Tu W
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Nov. 1, 2005 - Nov. 23, 2005

2525.172	Takoma Pool	10:00am-10:50am	Tu W
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Dec. 6, 2005 - Dec. 28, 2005

2525.120	Takoma Pool	11:00am-11:50am	Tu W
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Oct. 11, 2005 - Dec. 16, 2005

2518.135	Rumsey Pool	9:00am-10:00am	M W F
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**Sign Language**

Fee: None

14 Week Session

Sept. 7, 2005 - Dec. 7, 2005

Ages: 55yrs and over

Learn the basics of sign language such as the alphabet, colors, numbers, and 300 word signs.

8055.101 Fort Davis 2:00pm-3:00pm W

**Strength & Tone**

Fee: None

14 Week Session

Sept. 6, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Strengthen and tone muscles with safe and simple exercises.

8034.101 Fort Davis 10:00am-11:00am Tu Th

**Strength and Tone**

Fee: DC Residents: \$75 Non-Residents: \$80

10 Week Session

Sept. 28, 2005 - Nov. 30, 2005

Ages: 55yrs and over

Safe and simple exercises that strengthen muscles and bones, enhance flexibility, relieve arthritis symptoms, improve posture and endurance, and increase energy.

4515.102 Guy Mason 11:00am-12:00pm W

4515.122 Guy Mason 11:00am-12:00pm F

**Strength and Tone**

Fee: DC Residents: \$150 Non-Residents: \$160

10 Week Session

Sept. 27, 2005 - Dec. 1, 2005

Ages: 55yrs and over

Do exercises that can help strengthen your muscles and bones, enhance flexibility, relieve arthritis symptoms, improve your posture and endurance, and increase your energy.

4540.101 Chevy Chase CC 11:15am-12:15pm Tu Th

**Walking Healthy**

Fee: None

14 Week Session

Ages: 55yrs and over

Start slow and build up speed as you move towards a progressive walking for fitness program. Includes indoor and outdoor walks.

Sept. 6, 2005 - Dec. 8, 2005

8033.101 Hillcrest 9:00am-10:00am M Tu W Th

4650.111 North Michigan Park 10:30am-12:00pm M Tu W Th F

8038.501 Sherwood 10:00am-11:00am M Tu W Th F

Sept. 7, 2005 - Dec. 9, 2005

8025.503 Kenilworth Parkside 10:00am-11:30am M Tu W Th F

8032.101 Takoma 10:00am-11:00am M W F

Sept. 9, 2005 - Dec. 9, 2005

8032.501 Edgewood 9:30am-12:30pm M F

8025.101 King Greenleaf 10:00am-12:00pm F

8025.102 Kennedy 10:30am-11:30am M W F

**Weekly Movie-Thon**

Fee: None

14 Week Session

Sept. 9, 2005 - Dec. 9, 2005

Ages: 55yrs and over

Enjoy your favorite films and tasty treats.

8054.501 Fort Davis 2:30pm-4:30pm F

**Weight Training: Year Round**

Ages: 55 and over

Fee Chart: DC Residents: Non-Residents

Daily: \$3 \$5

Monthly: \$12 \$19

3 Months: \$30 \$45

Yearly: \$75 \$100

2500.306 Anacostia 9:00am-9:00am M Tu W Th F  
9:00am-2:00pm Sa

2500.307 Emery 10:00am-8:30pm M Tu W Th F

2500.308 Hillcrest 10:00am-8:30pm M Tu W Th F

2500.309 Kennedy 10:00am-8:30pm M Tu W Th F

2500.310 King 10:00am-8:30pm M Tu W Th F

2500.312 Sherwood 10:00am-8:30pm M Tu W Th F

2500.313 Takoma 10:00am-9:00pm M Tu W Th F

2500.314 North Michigan Park 10:00am-8:30pm M Tu W Th F

**Women's Tea Party**

Fee: None

5 Week Session

Nov. 10, 2005 - Dec. 8, 2005

Ages: 55yrs and over

Sip tea, nibble crumpets, and join in lively conversation.

8056.101 Fort Davis 1:00pm-2:00pm Th

**World Wide Web (www)**

Fee: DC Residents: \$24

Non-Residents: \$40

Two 6 Week Sessions

Ages: 55yrs and over

Learn to surf the Internet and enjoy the wonderful world of Cyberspace.

Sept. 8, 2005 - Dec. 8, 2005

8024.101 Fort Stevens 10:30am-12:00pm M W Th

Therapeutic recreation programs and services are offered to both District residents and non-residents with or without disabilities. All registrations and classes take place at the DC Center for Therapeutic Recreation located in Ward 7 at 3030 G Street SE. An assessment and payment of fees are required for your registration to be complete. A Recreation Therapist determines your skill level and assists you in choosing classes to meet your individual needs. Please call (202) 698-1794 to schedule an appointment.

## Aromatherapy/Guided Imagery

Fee: None

13 Week Session

Sept. 23, 2005 - Dec. 16, 2005

Ages: 21yrs and over

Learn the meaning of aromatherapy, how to use oils and diffusers, and discover relaxation techniques through the use of guided imagery.

5201.100 DC TRC 10:00am-10:45am F

## Beginners Swimming Class

Fee: DC Residents: \$30 Non-Residents: \$55  
12 Week Session

Sept. 20, 2005 - Dec. 6, 2005

Ages: 21yrs and over

Sign up for this class to learn to swim.

5202.100 DC TRC 10:00am-11:30am Tu

## Feeling Good II

Fee: DC Residents: \$30 Non-Residents: \$55  
12 Week Session

Sept. 20, 2005 - Dec. 8, 2005

Ages: 21yrs and over

Try different water exercises based on your ability and comfort.

5100.100 DC TRC 1:00pm-1:45pm Tu Th

## Fins I

Fee: None

12 Week Session

Sept. 20, 2005 - Dec. 6, 2005

Ages: 6yrs to 11yrs

Children enjoy different water exercises and water sports.

5203.100 DC TRC 4:00pm-4:45pm Tu

## Fins II

Fee: None

12 Week Session

Sept. 22, 2005 - Dec. 8, 2005

Ages: 12yrs to 17yrs

Youth enjoy a variety of water exercises and water sports.

5204.100 DC TRC 4:00pm-4:45pm Th

## Land Exercise Class

Fee: None

13 Week Session

Sept. 19, 2005 - Dec. 15, 2005

Ages: 21yrs and over

Learn basic exercises that can be done anywhere at any time. No special equipment needed. Bring your own bottled water.

5206.100 DC TRC 12:00pm-12:45pm M Th

## Leisure Swim

Fee: DC Residents: \$30 Non-Residents: \$55  
12 Week Session

Sept. 19, 2005 - Dec. 7, 2005

Ages: 21yrs and over

Enjoy swimming independently at your pace.

5017.100 DC TRC 2:00pm-2:45pm M W

## Leisure Life Skills

Fee: DC Residents: \$150 Non-Residents: \$180

13 Week Session

Sept. 19, 2005 - Dec. 16, 2005

Ages: 21yrs and over

Leisure skills for personal pleasure and enjoyment are practiced and reinforced.

5010.100 DC TRC 10:00am-2:00pm M W Th F

## Life Enrichment Program for Teens and Adults

Fee: None

12 Week Session

Sept. 19, 2005 - Dec. 9, 2005

Ages: 14yrs - 25yrs

A comprehensive and inclusionary after school program designed to address the social, recreational, psychological, educational, and health concerns challenging teens and young adults living in the District.

5444.100 DC TRC 4:00pm-8:00pm M Tu Th

## Metro TR Bowling League

Fee: DC Residents: \$30 Non-Residents: \$55

30 Week Session

Oct. 4, 2005 - Apr. 25, 2006

Ages: 21yrs and over

Join our league and you will have fun. Sharpen your bowling skills, get in shape, and make new friends.

5500.101 DC TRC 10:00am-2:00pm Tu

## Slow Motion Water Exercise

Fee: DC Residents: \$30 Non-Residents: \$55

12 Week Session

Sept. 20, 2005 - Dec. 8, 2005

Ages: 40yrs and over

Designed for people requiring slow pace water exercise instruction, this class is recommended for persons who have limited mobility due to strokes, rheumatoid arthritis, hip replacement surgery, and other conditions.

5600.101 DC TRC 12:00pm-12:45pm Tu Th

## T R Friday Club Night

Fee: DC Residents: \$5 Non-Residents: \$5

Ages: 21 and older

Party Down on T R Club Night! Party is open to all adults with special needs. Enjoy an evening of dancing and socializing. Music provided by DJ Frisco.

5200.199 DC TRC Sept. 2, 2005 7:00pm-9:00pm F

5200.198 DC TRC Oct. 7, 2005 7:00pm-9:00pm F

5200.197 DC TRC Nov. 2, 2005 7:00pm-9:00pm F

## Water Boogie

Fee: DC Residents: \$30 Non-Residents: \$55

12 Week Session

Sept. 19, 2005 - Dec. 9, 2005

Ages: 21yrs and over

Enjoy the soothing sounds of music while doing low impact water exercises. This class is for adults with disabilities and uses adapted equipment to strengthen muscles for full range of motion.

5102.100 DC TRC 11:00am-11:45am M W F

## Weight Training

Fee: DC Residents: \$30 Non-Residents: \$55

13 Week Session

Sept. 19, 2005 - Dec. 16, 2005

Ages: 21yrs and over

Exercise for weight loss and toning using a variety of exercises and weight lifting equipment.

5001.100 DC TRC 1:00pm-2:00pm M W F

2005

# Fall Activity Guide

[www.dpr.dc.gov](http://www.dpr.dc.gov)

